Paidia

2010

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2009-10

Paidia

Strathcona Tweedsmuir School

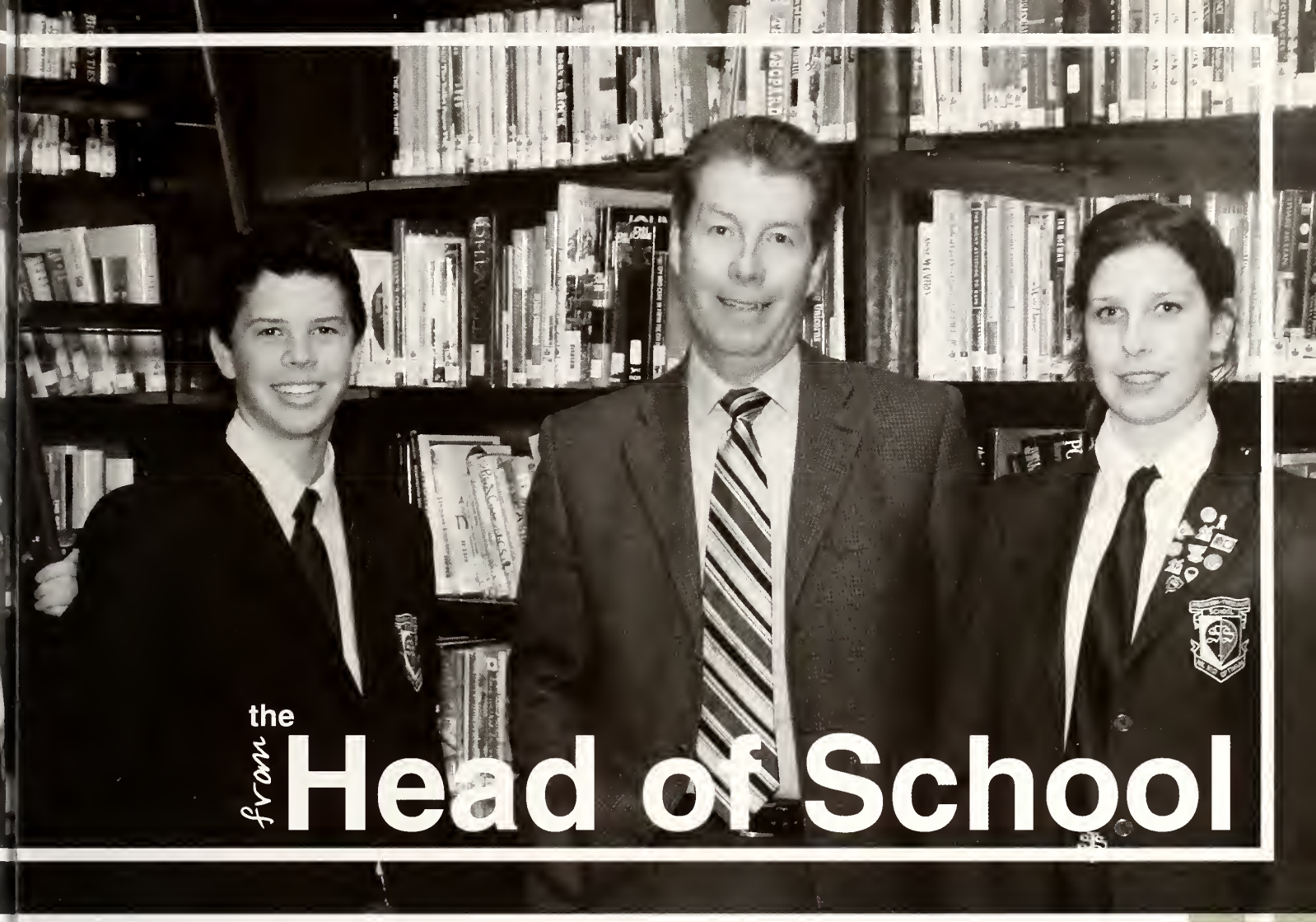
Educating students for a lifetime of purpose by inspiring excellence in scholarship, leadership and character

Published in Canada Printed in the USA

> We strive to provide the kind of education that is relevant to our students, who must be innovative, imaginative and highly knowledgeable.

September 2010 marks the start of a new decade in the history of Strathcona-Tweedsmuir School as we enter our 40th year since the amalgamation of two our founding schools at this location. This issue of Paidia focuses on some of our recent milestones such as the 25th Anniversary of the STS Terry Fox Run. This was also the year of Vancouver 2010; Canada's most successful Winter Games which generated terrific spirit and pride across our country. It was also the year that STS hosted a number of major events opening our school to welcome the Provincial Debating Tournament and the Canadian Association of Independent Schools Student Leadership Conference.

As we look ahead, we are striving to provide the kind of education that is relevant to our students who must be innovative, imaginative and highly knowledgeable as the 21st century continues to accelerate through change driven by technology, environmental issues, international economic development and an explosion of new knowledge. The effort to engage students in learning about these developments has taken many forms this year. Students have learned about international issues and relations through Model UN and social issues through local and international service projects. Innovation and creativity have been demonstrated through student projects such as the PYP Exhibitions, visual arts projects and fine arts performances including this year's amazing production of The Wizard of Oz.



from the Head of School

Science students have been exposed to environmental issues through the pond study and the large solar panel installation on our roof. In addition, we have continued to focus on physical fitness and an appreciation for the outdoors through our Physical Education, Outdoor Education and Athletics Programs. All students have been involved in one or more of these meaningful learning opportunities.

As you sift through the memories embedded in this edition of Paidia, I'm sure that you will be reminded of the many special moments which formed your STS experience this year. I must thank the Yearbook Committee under the leadership of Ms. Johnson, Ms. Westers and Ms. Hadden for their outstanding work in capturing and creatively assembling these words and images which will evoke memories and emotions for years to come.

Mr. William Jones
Head of School

Nil NISI OPTIMUM...

elementary principal Ms. Judith Hadden

As we launched into the 2009 2010 school year, I asked each of you, students and faculty, to celebrate the year of the Winter Olympics and to be reminded that with perseverance your dreams can become realities. I would like to thank the elementary faculty for your dedication and commitment to deliver the very best learning environment for our students and for your continued professionalism. Elementary students, thank you for your commitment to learn, challenge and inquire all that your teachers present to you. I have been very impressed with your service initiatives this year and hope that you will continue to make connections to the world in your backyard and the larger world. Parents, your devoted support is immeasurable, thank you. Together we strive each day to build a superb educational atmosphere, a learning community, which will encourage confidence in the next generation, our children; your children who will pursue enormous dreams and impact the future. Enjoy the memories of 2009-2010 reflected in this yearbook and keep dreaming!

junior high principal Mr. Paul Hoff

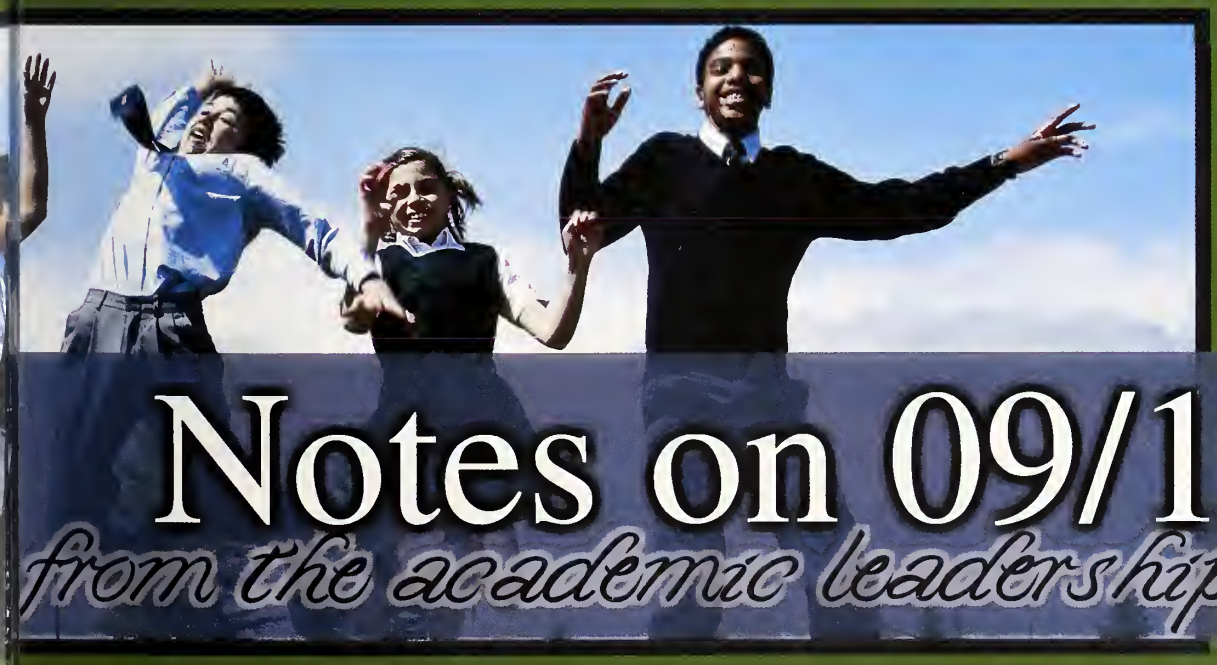
It is a joy to reflect on the year we have had in the Junior High at STS, 2009-2010. Once again, this year students were provided with many opportunities, experiences and activities, to take part in which have shaped them into individuals who have excelled in scholarship, leadership and character. Our class work provided academic rigor in order to develop scholars. As we worked to develop well rounded individuals with leadership skills and character, we provided opportunities to gather with friends and classmates to participate in clubs, fine arts performances, athletics, outdoor education trips, and community service projects, to name just a few. I believe that we all lived out the school motto, Nil Nisi Optimum.As I look to next year and the new adventure that I am embarking on, I would like to thank the STS community, teachers, students and parents, for the wonderful five years I was able to occupy the role of Junior High Principal at STS. I look forward to return visits to reacquaint myself with friends.
Nil Nisi Optimum, nothing but your best.

Mr. Marc Boulianne *senior high principal*

Congratulations on another successful year! Nil Nisi Optimum has been your mantra and you have applied this in everything that you have done. This yearbook is but a pale reflection of what you have accomplished. Grade twelve's, Dr Seuss wrote; "Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." You have spent the year expressing yourselves in thought and in deed in many venues, and now are ready to launch into a new challenge. You are armed with the support of your school and of your parents. Remember your roots and be the change you want to be in the world. Grade 10's and 11's Fred Dehner wrote: "The best helping hand that you will ever receive is the one at the end of your own arm." Challenge yourself everyday and take advantage of all the opportunities available to you in school and in your community. Enjoy your friends and the events that make up our school year so that they can fill a book like this full of memories of your success.

Ms. Margaret Dorrance *director of academics*

STS is a dynamic and exciting place to work. As Director of Academics, grades 1 to 12, my focus is the big picture aspects of academics. I liaise directly with Alberta Education to ensure that STS practices are compliant with ministry requirements. I also work closely with other academic leaders in the school, such as Curriculum Leaders, Teacher Librarians and IB Coordinators to enhance program delivery as well as student learning. I enjoy any opportunity to work with students and parents; usually this happens around discussions around course selection and program choices. I look forward to attending school events such as the Musical, Model United Nations, Band and Choral concerts and athletics competitions. This year I had the opportunity to travel to India to represent the school at the International Round Square conference, an experience that I will never forget.



Notes on 09/10

from the academic leadership team

"I enjoy being prefect because it's a way for me to give back to the school and my peers. It's as simple as that."

Thomas Jacobs

going the extra mile

Strathcona-Tweedsmuir offers senior students a unique and prestigious leadership opportunity in our Prefect Program. Each spring, Grade 11 students run for Prefect positions and are elected to twelve positions by a group of their peers and teachers. Being a Prefect means taking on a great deal of additional responsibility. These students attend school functions, organize activities and conferences, act as ambassadors of the STS community at public events and make important decisions that affect the student body. Perhaps most importantly, they develop leadership skills that will serve them well beyond the walls of STS.

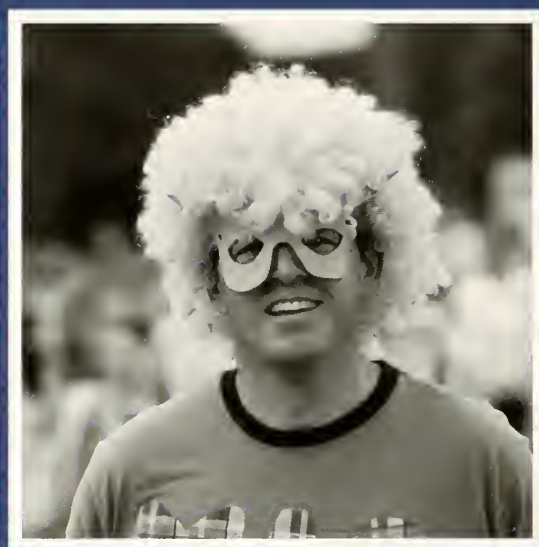
"Being a Prefect has made me appreciate what it means to be part of real collaborative team with a whole bunch of great and unique people. It has made me realize how successful your personal leadership can be when it has the right team behind it"

Geoff Evamy Hill

2009/10 Prefects

Carmen Germaine, Chris Pluck, Justine Stevens, Corbin Staniloff, Alexa Burgess, Adam Le Dain, Anny Peplinski, Tom Jacobs, Mary Hansen, Connor Waterous, Jenna Lakhani. Missing: Geoff Evamy-Hill

Faculty & Staff



Carl Jung said that "one looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child." At STS, we are lucky enough to have a group of teachers and staff members who are warm, passionate and truly dedicated to the growth of STS students.

Faculty & Staff

Ms. Abboud
Mrs. Adam
Mrs. Alger
Mrs. Asher
Mrs. Baker
Ms. Baker

Mrs. Banadar
Ms. Barnes-Macdonald
Mrs. Bartoshyk
Ms. Beddome
Mr. Benoit
Ms. Bertram

Mr. Bodnar
Mr. Boulianne
Mr. Carlson
Ms. Carlson
Mrs. Chapman
Mrs. Chotowetz

Ms. Chow
Mr. Clark
Mrs. Collyer
Ms. Cooper
Ms. Crofton
Ms. Csek

Mrs. Danis
Mrs. Decker
Ms. Delanoy
Mrs. Dickson
Mrs. Duncan
Moore
Ms. Egli

Faculty & Staff

Ms. Elston
Ms. Ewachow
Mr. Fink
Ms. Foley
Mr. Freight
Ms. Goldsworthy

Mrs. Hadden
Mr. Hall
Ms. Harper
Ms. Harrison
Ms. Haufort
Ms. Hebert

Mr. Hendricks
Mr. Hoang
Mr. Hoff
Mrs. Hoff
Mr. Holt
Ms. Johnson

Ms. Johnson
Mr. Jones
Mr. Kores
Mr. Kotowich
Mr. Lederer
Mr. Mackenzie

Mrs. Maclean
Mr. Marchuk
Ms. Marcuccio
Mrs. Marinakos
Ms. Mathies
Mr. McLarty

Faculty & Staff

Mr. Meckelborg
Mr. Mercer
Mr. Milne-Ives
Mr. Mutch
Ms. Nowosad
Mr. O'Brien

Mrs. O'Donnell
Mr. Orsten
Mr. Park
Mr. Petersen
Ms. Prefontaine
Mrs. Provencher

Mrs. Rodney
Ms. Ropchan
Mr. Roth
Ms. Rothenbush
Mr. Ruskay
Mr. Schneider

Mr. Shaw
Ms. Smale
Mrs. Stach
Mr. Straub
Mr. Thomson
Mrs. Tupkal

Mr. Uzick
Mrs. Wager
Mr. Warner
Mrs. Watson
Ms. Weber
Mrs. Weicker

Ms. Westers
Mr. Wick

Right
Ms. Ropchan's daughters, Courtney and Kendalle, both attended STS. They celebrated her retirement together at the annual Alumni Dinner in the spring of 2010, where Pat was recognized for her contributions to the school.

Below
Ms. Ropchan (middle), poses with her very first homeroom class (9A) in 1978.

At STS for 36 years

Pat Ropchan

Ms. Pat Ropchan has affected the learning of thousands of students at STS, thanks to her dedication and commitment to our school library. It's amazing to consider that nearly every book, resource and database currently housed in our library has been personally selected by her! During her 36-year career, Ms. Ropchan has always found time to help students pick the perfect book, or to assist teachers with their units and projects. In addition, Ms. Ropchan helped to organize Prizegiving, established poetry and writing contests and was instrumental in the development of mini-mall (among many other endeavors). We wish her well and we hope that she enjoys spending time with her two granddaughters as she looks forward to her next big adventure!

Ms. Ropchan made the library the soul of the school. We realize that with her, the library is truly an environment with life.

There's always time to read
Ms. Ropchan's passion for reading, research and knowledge has inspired generations of students. Here, she looks over a book with Emma Garforth-Bles, '11. Ms. Ropchan was never to busy to help students pick out a book for their projects or to read just for fun!

Left
Gordon celebrates his retirement with his wife, Nancy and his daughter, Christine, who graduated from STS. Gordon was awarded with the distinguished "Golden Spike" award at this year's Alumni Dinner.

Below
In earlier days, Mr. Freight shares a magazine with a student. He has sometimes had the privilege of teaching two generations of students within a single family!

Gordon Freight At STS for 40 years

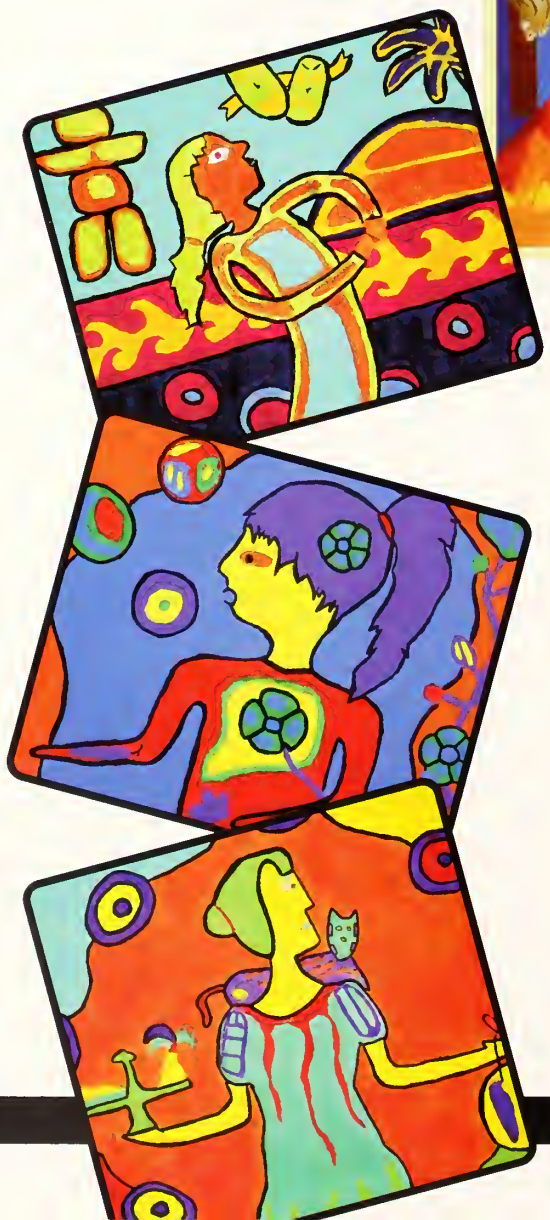
A kind and well-loved teacher and the longest serving staff member at STS, Mr. Freight takes with him memories of the school's beginnings .

Always involved in school life
Mr. Freight was actively involved in all aspects of school life. Here, he takes part in his final Terry Fox run. He says of his retirement , "I've been in school since I was five years old - it's finally my graduation!"

Every student who has graduated from STS since its inception has a memory of Mr. Freight. As much a part of the school as the buildings themselves, he has served as teacher, head of Modern Languages, Head of the Senior High, Director of Development (supervising the creation of the Science Wing, the C.A. Smith Arts Theatre and the Sandy Heard Sports hall), Head of School and Chief Archivist. He will be best remembered, however, for his easy smile, his gentle rapport with students and his passion for teaching. STS loses an important part of its family with Mr. Freight, but we know that he is ready to spend time with family and enjoy the rewards of a long and dedicated career!

Featured artists on this page (clockwise from right): Steph Thompson '11, Emma Garforth Bles '11, Austin Miller, '11, Alex Walker '12, Mackenzie Manter '14, Sawera Dhaliwal '14, Vanessa King '14

Works of Art



Featured artists on this page (clockwise from left): Sarah Maslechko, '11, Ashley Ang '12, Kimberley Hornaday '13, Emily McNeill '13, Georgia Young '13

Thanks to Ms. Debra Carlson for her dedication to the art program at STS

Terry Fox Fall 2009

A group of high school students are ready to run

Marathon of Hope

1 **DON'T** FORGET YOUR BOXING GLOVES

2 **KEEP** IT IN THE FAMILY WITH MATCHING HEADBANDS

3 **WHEN** IN DOUBT, DRESS UP AS A BEE

4 **SHOW** LOVE FOR YOUR HOUSE COLOURS

5 **STAY** COOL WITH A GREAT PAIR OF AVIATORS

6 **REMEMBER** TO BRING YOUR BEST FRIEND ALONG

2009 total: $35,594

When Terry asked Canadians to "keep it going" after he was forced to end his marathon in 1980, he could never imagine the way that Strathcona-Tweedsmuir would take his words to heart. In fact, Art Thomson, director of the Terry Fox run at STS, received a letter from the Terry Fox Foundation informing us that STS ranked #1 in the province of Alberta for our contributions ot cancer research over the last 25 years. No school in Alberta has done more to support Terry Fox's dream than STS. Way to go, Spartans!

25 Years

(and we're still running)

2009 was a special year, because it marked the 25th anniversary of the first Terry Fox Run at STS. This year, we came close to raising an all-time total of almost $500,000.00 for cancer research in Canada, we hope to reach that goal in 2010! For many of us, the Terry Fox Run is a family affair. Parents, siblings and even the family pets join the community for a 5 km or 10 km run. Great job, STS!

The Wizard of Oz

A show of this magnitude takes a large and dedicated cast.

Dorothy and her family in Kansas

The [illegible] Koplovich) and the Wi[illegible]ine Wynne)

A cast, crew and pit band of 87 brought The Wizard of Oz, one of North America's best loved stories, to life, November 25th 28th, in the C.A. Smith Arts Centre.

The story follows the journey of a young girl named Dorothy and her dog Toto, who are swept away from their home in Kansas during a cyclone and find themselves transported to a faraway land populated by the Munchkins. The Munchkins warmly welcome Dorothy as her house landed on and killed the Wicked Witch of the East. Dorothy's only wish in this strange land is to find a way to return to her family and home in Kansas. With a kiss from the Good Witch, Glinda and wearing the silver shoes of the Wicked Witch of the East Dorothy begins on her magical journey to find the Wizard of Oz.
Along the way Dorothy encounters a number of obstacles and makes friends with the Scarecrow, Tin Man and Cowardly Lion who accompany her to Oz. Ultimately, Dorothy discovers that she has the power to transport herself back to Kansas and with the famous click of her heels and repetition of the phrase 'There is no place like home,' she finds herself back with her family.

friends along the way

1 THE TIN MAN, PLAYED BY JOHN STORWICK

2 THE COWARDLY LION, PLAYED BY GEOFF EVANS-HILL

3 THE SCARECROW, PLAYED BY MATTHEW ANDLAUER

The Wicked Witch gives last minute instructions

The Pit Band is ready to play

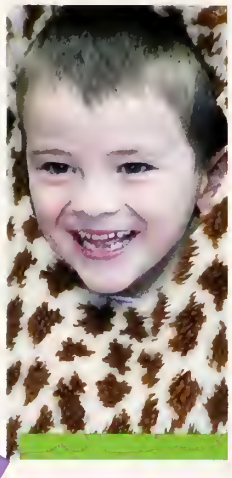
I don't think we're in Kansas anymore!

Follow
the yellow brick road

Director: Mr. Daniel Hall
Musical Direction: Mr. Brian Uzick
Choral Direction: Ms. Heather Provencher

With more than 87 students involved in the production, it would be impossible to name them all! Thanks to everyone for their talent, hard work and dedication to this fantastic production.

Lindsay Evans

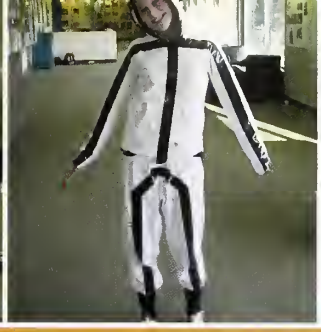


There are so many difference faces of Halloween at STS! From The youngest students to the prefects, everyone gets into the "spirit" of things.

Getting Colourful for Halloween

Halloween is one of the oldest festivals still celebrated. It dates back more than 2000 years! Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death. The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human. Bobbing for apples is thought to have originated from the roman harvest festival that honors Pamona, the goddess of fruit trees. More than 93% of children, under the age of 12, will go out trick-or-treating. Over 10% of pet owners dress their pets in Halloween costumes. 90% of parents admit to sneaking goodies from their kids' Halloween trick-or-treat bags. There are no words in the dictionary that rhyme with orange. The Irish carved turnips and put coals or small candles inside. They were placed outside their homes on All Hallow's Eve to ward off evil spirits. They were also known to use potatoes and rutabagas.

a ghostly encounter



Kate Hanly '11

Scoutt Paliraman '13 and Jennifer Anderson '13

Clark Kent and Superwoman

Mr. Bodnar is from Saskatchewan

Stefan Dilger '13

Just another day at STS

3-2-1- liftoff!

keeping it cool!

superheroes are always popular in the elementary

Minnie Mouse and the Paperbag Princess

Billy Hornaday, '15

A grade 7 student dresses up as Luigi

Boo!

Wolverine makes a visit to STS

Superwomen!

The class of '15 brings their best halloween spirit!

Speech Day 2010

"Speech is power: speech is to persuade, to convert

Award Winners

Gr 7 Impromptu: Moira Bird
Gr 7 Interpretive Reading: Jill Northcutt
Gr 7 Persuasive Speech: Will Clark and Asha Ruparell
Gr 7 Solo Act: Kelsey Lussier

Gr 8 Impromptu: Elspeth Yates
Gr 8 Interpretive Reading: Katelyn Cooper
Gr8 Persuasive Speech: Maria Geddis-Golubev
Gr 8 Solo Act: Celeste Colborne

Gr 9 Impromptu: Darcy Foo
Gr 9 Interpretive Reading: Taylor Chase
Gr 9 Persuasive Speech: Riley Waterous
Gr 9 Solo Act: Michael Sullivan

Gr 10 Impromptu: Mitchell Park
Gr 10 Interpretive Reading: Ashley Corbiell
Gr 10 Solo Act: Lucas Kemp
Gr 10 Duo Acts: Georgia Forbes and Jennie Evamy-Hill

Gr 11 Impromptu: Jessie Niles
Gr 11 Interpretive Reading: Tamara Itani
Gr 10/11: Persuasive Speech: Lucy Liu
Gr 11 Duo Acts: Mackenzie Seasons/Amanda Nadeau

Gr 12 Impromptu: Adam Ibrahim
Gr 12 Interpretive Reading: Elizabeth Marklin
Gr 11/12 After Dinner Speech: Anny Peplinski
Gr 11/12 Solo Act: Corbin Staniloff
Gr 12 Duo Acts: Katherine Wynn/Kate Koplovich

Sr High Bilingual Interpretive Reading: Victoria Tucker
Sr High Serious Solo winner: Alex Bailey
Sr High Serious Duo winners: Mary Hansen/Elizabeth Lucas

Kirby Cup winner for Gr 12 Persuasive Speech: Marshall Palmer

2010 Peoples' Choice Award: Alex Bailey '10

and to compel" -Ralph Waldo Emerson

Speech Day is a treasured tradition at Strathcona-Tweedsmuir and one of the programs that truly sets us apart from other schools. The 2010 Speech Day was a phenomenal success, thanks to the efforts of the English Department in their preparation of students and organization of the event. Congratulations to the students who were recognized with certificates for winning their respective categories

Senior Prize Giving

Major Awards

Davis Walls Memorial Award: Geoff Evamy-Hill
Premier's Citizenship Award: Emily Way
Robert Cojocar Art Award: Geoff Evamy-Hill
Stephenson Award for Speech and Debate: Easton Sheahan-Lee
Dr. Dorothy Goldstein Memorial Prize for Science: Connor Waterous
Timothy Stiles Memorial Mathematics Award: Connor Waterous
The Award for Leadership in Computer Technology: Tom Jacobs
The Scott Seaman Outdoor Leadership Award: Alex Bailey
Alexander Pattillo Fine Arts Award: Justine Stevens
Serena Mohamed Award: Max Shilling
David Pike Memorial for Fellowship: Tom Jacobs
John S. Burns Family Award: Morgan Bullen, Tessa Wihak
Tanner Cup for Citizenship: Tom Jacobs
Scott Broshko Award: Alex Bailey
Peter B. Ditchburn Award for Leadership: Mary Hansen
Dr. Martha Cohen Award: John Storwick
Neil McQueen Award: Adam Le Dain
Howard Trophy for All-round Excellence: Connor Waterous
St. Hilda's Award for Social Studies: Connor Waterous
Phil McNab Award for English: Connor Waterous
Mannix-Pallesen Award for French: Connor Waterous
Governor General's Academic Medal: Connor Waterous
Valedictorian Award: Geoff Evamy-Hill

Grade Nine

Dinner and Dance

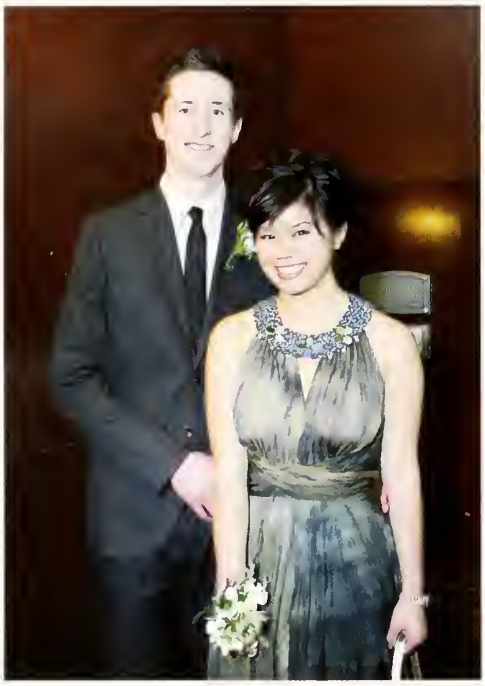
The Grade 9 Dinner and Dance was held at the Canyon Meadows Golf Club on May 29, 2010. The evening included class speeches and slideshows, and a delicious dinner, followed by dancing. See you later, Junior High!

Graduation

The Senior Class of

2010

It takes courage to grow up and become who you really are. ~e.e. cummings



The 2010 Grade 12 graduation ceremony on Friday, June 4th 2010 included students, siblings, teachers, parents and friends. The event was held at the Sheraton Hotel in Calgary, and was truly a night to remember! MCs Ali Amundson and Victoria Tucker started off the night. Michael Shaw and Shawn Treleaven acted as class historians. Geoff Evamy-Hill and Olivia Manzer delivered an outstanding toast to the teachers. Thanks to Ms. Ingrid Harrison and all of the teachers for their assistance in coordinating the event. Congratulations to all of the Graduates of 2010! Remember - Nil Nisi Optimum!

We ARE the Graduates!

Finally made it!

Moving On to Grade Seven!

Left: Ms Hadden is proud to present the Olympic Citizenship Award to Austin Oginski '16 for his contributions to the Elementary community.

Right: Danielle Currie '16 is the winner of the Mrs. A.E.Dunn Trophy for her hard work this school year. Good luck in Grade 7, Danielle!

Elementary Year-End Celebration

From left to right: Grade 6 presentation, Sareena Lakhu '16, Sophie Haines '16, a prize shared between Grade 6 and 1!

Major Award Winners

Division II House Award:
Sareena Lakhu

Mrs. A.E.Dunn Trophy:
Danielle Currie

Ken Headrick Environmental Award:
Halle Shopperly
Onna Janisch
Rosalind Jackson-Roe

Olympic Citizenship Award:
Austin Oginski

Below, the Grade 2 performs for the crowd. Left, the Grade 6 class is acknowledged before moving on to Junior High next fall!

An Evening of Recognition

The Junior High Trophy for Diligence goes to the student who best demonstrates diligence and determination in his/her studies throughout the year.

Riley Waterous '13

The Buchan Trophy for All-Around Excellence goes to the student who best demonstrates achievement in all areas - the arts, athletics and academics, as well as leadership and character.

Hanna Medwid '13

Junior High Prizegiving

From far left: Michael Sullivan, Darcy Foo, Taylor Chase, Randi Thorbjornsen

Ben Roskey '13, winner of the Dan Arato Award (given to a student who exemplifies the good nature, hands-on approach to learning spirit of Daniel Arato), with last year's winner, Georgia Forbes '12

Major Award Winners

Junior High Trophy for Diligence: Riley Waterous

The Buchan Trophy for All-Around Excellence: Hanna Medwid

Junior High Spirit Award: Taylor Chase

Dan Arato Award: Ben Roskey

Dr. Dorothy Goldstein Memorial Prize for Junior High Math/Science: Claudia Belanger

Grant-Fisher Family Award of Excellence: Michael Sullivan

Patricia Sullivan Award for Most Enthusiastic and Committed Grade 7 Debater: Jill Northcott

The Hewitt Award for Citizenship: Darcy Foo

New Sun/Joy Harvie Maclaren Award (volunteerism): Randi Thorbjornsen

If you've anything to do,
Do it with all your might.
Don't let trifles hinder you.
If you're sure you're right,
Work away,
Do it with all your might.

Laura Ingalls Wilder

The elementary school at STS is a special place. The halls are filled with proudly-displayed student work. The classrooms buzz with children excited to ask questions and think critically about the world around them. Teachers work with students after school, preparing an art show, raising money for earthquake relief or practicing for an upcoming concert. Yes, the elementary is a busy, happy and sometimes magical place!

Portraits & Elementary Activities

STS to RUN

STS had the privilege of hosting the 2010 Mini Sheep River Road Race. many students in grades 4, 5 & 6 from regional schools participated in the 2km race.

way 2 GO!

The Cross Country Run was the first full elementary event of the school year. Days of practice showed in the impressive results. Mr. Hoang was particularly inspiring, competing in a full suit! And what better way to end a beautiful day than with a hotdog picnic!

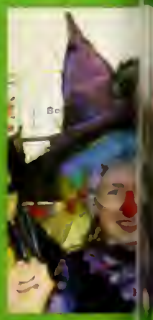
we're #1

2010 bore witness to the first ever Spartathlon. Held in June, this triathlon was a great opportunity for the Grade 5 class to show their skills in swimming, biking, running & good sportsmanship. Thanks to Ms. Prefontaine & all volunteers for making it a huge success!

halloween

pumpkin hunt. ghosts and ghouls. grade 2 pumpkin paintings. bats and vampires halloween parade. creepy creature sculptures. wizards and witches. halloween parties. spiders & skeletons grades 2 & 5 pumpkin buddies. candy monsters. grade 6 storytime... and a banana

These are the things of which spooky is made



Recycled
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Bag

THE
LAST

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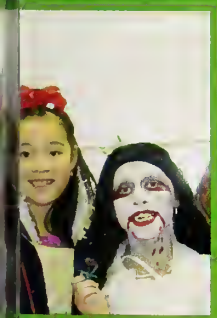


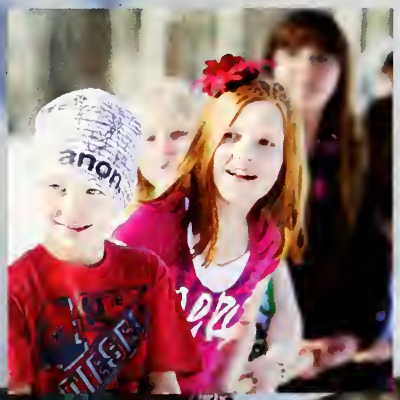
ADAMS

Carnival

Chanson pour les enfants l'hiver

Dans la nuit de l'hiver galope un grand homme blanc.
C'est un bonhomme de neige avec une pipe en bois, un grand bonnehomme de neige
poursuivi par le froid
Il arrive au village.
Voyant de la lumiere, le voila rassure.
Dans une petite maison, il entre sans frapper
et pour se rechauffer s'assoit sur le poele rouge
et d'un coup disparait, ne laissant que sa pipe au milieu d'une flaque d'eau,
ne laissant que sa pipe et puis son vieux chapeau ....

Jacques Prevert



Grade 4, 5 & 6 Outdoor School

This year the grade 4's had an awesome experience at camp. They were well prepared & excited to be at Easter Seals Camp Horizon. We had a strong hike up Fullerton loop & the kids enjoyed the view from the lookout. The weather was not optimum the 2nd day, but we didn't seem to notice as we were having so much fun with the low ropes course and leadership activities. Great job Grade 4's you are awesome!

Grade 5 outdoor school was filled with skis and smiles! There were some long days of skiing in Kananaskis, but everyone enjoyed the sunshine & great snow conditions. Camp Chief Hector was the perfect place to enjoy our evening activities & the campfire which were led by the crazy staff at Hector. The teachers were very impressed with the determination & skills that the grade 5's showed on the trail.

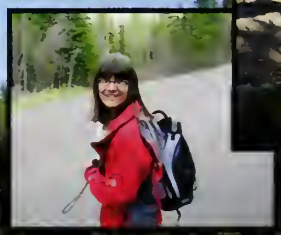
Way to go grade 5's!

Grade 6 had epic hikes & fantastic skits. Camp Horizon was a fun filled experience. Our campers were able to bond & enjoy the facilities. The 2 days spent hiking were strenuous but, rewarding & everyone was amazed by the beautiful view at the top of Nakahee Ridge.

Good luck in grade 7!

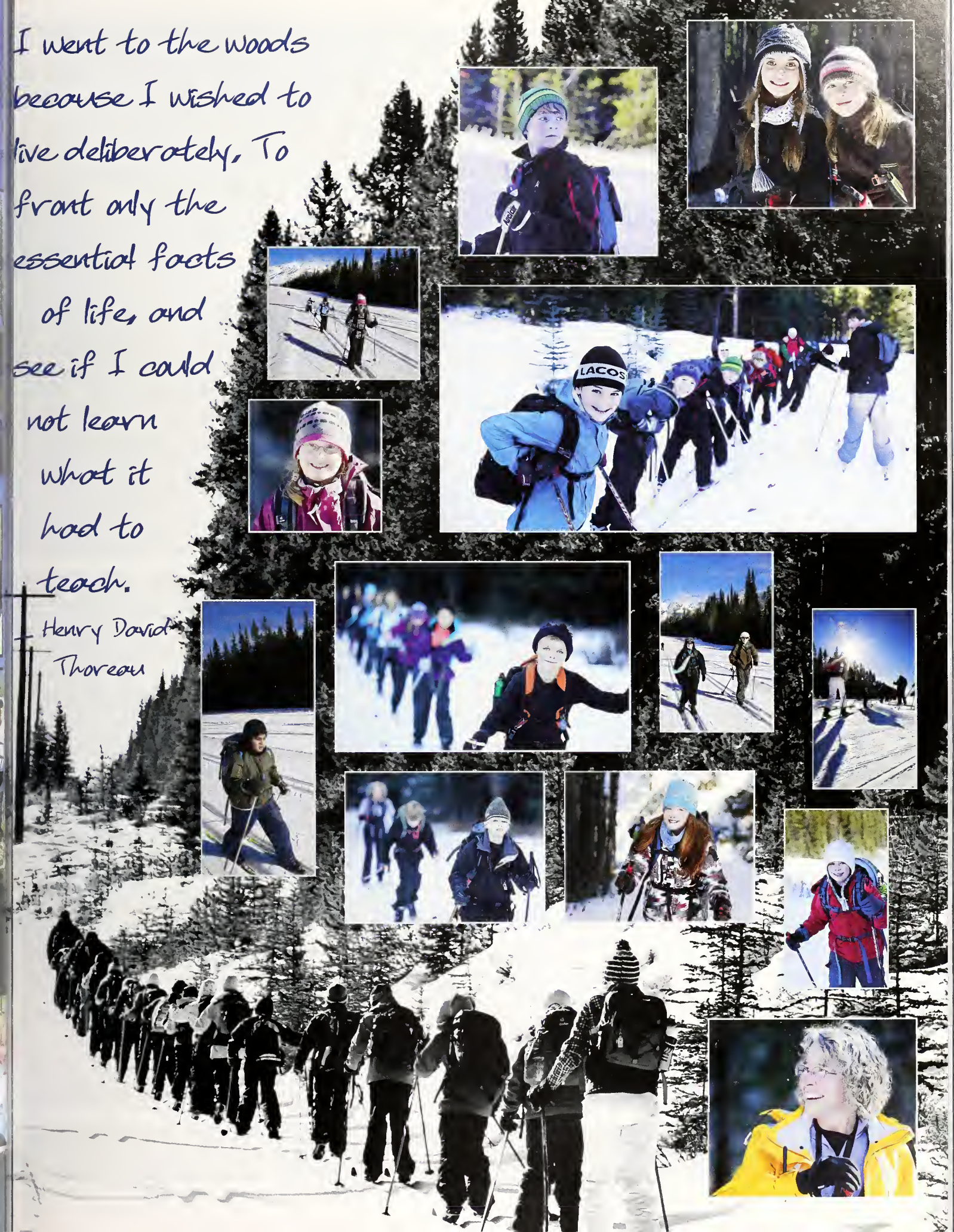
Mr. Mac &

Ms. P



I went to the woods because I wished to live deliberately, To front only the essential facts of life, and see if I could not learn what it had to teach.

– Henry David Thoreau

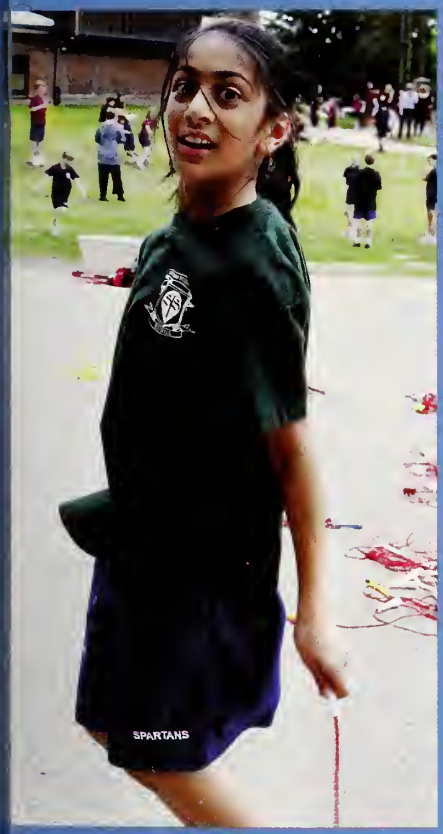


Go Judi Go!

Jump Rope for Heart Jump Rope for Heart

Be a rebel against gravity: Skip!

- Jessí Lane Adams



Jump Rope for Heart **Jump Rope for Heart**

QUEST DAY!
2010

HMCS

HMCS

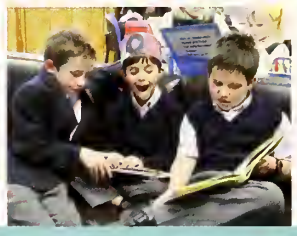
School Days

The fate of empires depends on the education of youth.

Aristotle

I know of nothing more inspiring than that of making discoveries for one's self.

George Washington Carver



Communicators

Caring

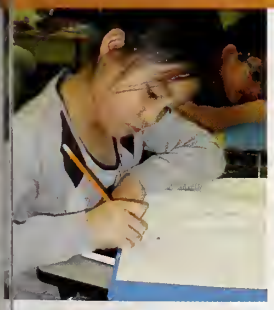
Reflective

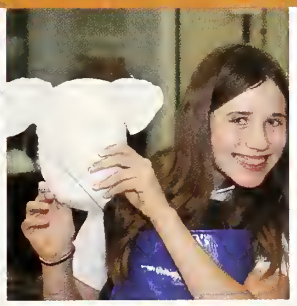
Balanced

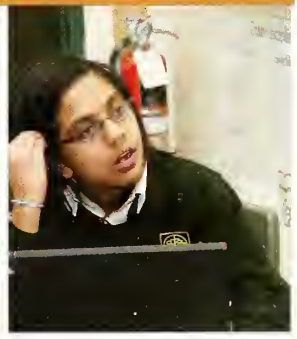
Open-minde

a day in the life

a day at school is much more than a series of lessons in subjects like math and language. A day at school can involve; making new friends, going on a field trip, performing a play, making music, learning and growing in so many different ways.







Knowledgeable

Inquirers

Risk-takers

Principled

Thinkers

good ol school

Ally

Kail

Sydney

Zoo Fun

gradeone.A

Almasi, Grayson
Arbib, Luke
Aspinall, Kate
Chong, Caitlin
Evans, Sydney
Fisher, Mya

Jegen, Lucas
Jiwa, Ishaan
Lee, Stephanie
McKay, Grace
Ortt, Eila
Roth, Tobi

Shapiro, Mischa
Stevens, Liam
Sunderji, Kail
Wong, Griffin
Wylie, Garret

gradeone.B

Adatia, Rayan
Bowers, Abbey
Carpenter, Clare
Jegen, Tyler
Lochrie, Reid
Ma, Ally

Maisonneuve, Shannon
McDermott, Julia
Miller, Taryn
Milne, Jules
Ortt, Peyton
Shannon, Stefan

Spyker, Matthew
Sunderji, Kiyan
Weissenborn, Lauren
Wilmoth, Ava
Worsley, Willem

GRADE ONE!

Class of 2021

Halloween was a high point this year for the Grade 1's. Pumpkins were scattered throughout the STS woods where each child was delighted to find a personalized rock & their own pumpkin. The rest of the day was spent making jack-o'lanterns, reading with their grade 6 buddies and decorating cookies.

"Ms. Mathies was fun & nice. I liked making Mathiesville & art, being in book club, primary club and choir were great too. I made lots of good friends!"

TOBI ROTH

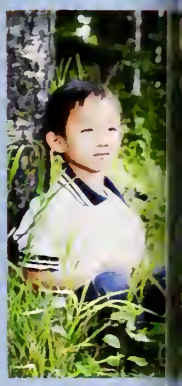
"Grade 1 was awesome!!! I really liked the 400 metre run and the cross country run. I liked being recognized too!"

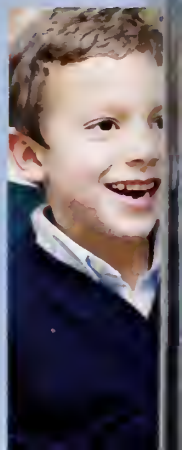
GARRET WYLIE

"I love Math! Mr. Orsten makes math so much fun. I teach my brothers the games. I like the music he plays too. He is cool"

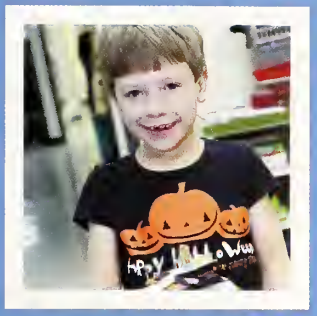
REID LOCHRIE

What I loved about grade 1





Not only did the Grade 1's celebrate with Santa and the Easter Bunny, they also counted down to the one hundredth day of school!

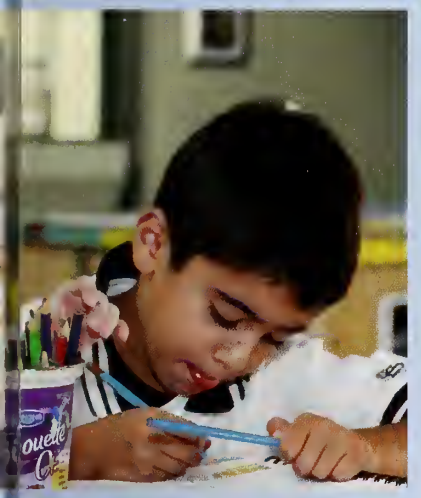


Parading around the school on Halloween has always been a highlight. Super-heroes, Fairies, Witches and even a few Harry Potters strutted their stuff this year!

Typical Boy!

When Mr. Orsten commented about Matthew being focused & not being silly for a week in class, Matthew's mom asked what Matthew had done differently. He said: "Nothing Mom. He must now be used to my silliness."

Matthew Spyker



What an exciting year! Skating with the grade 2's, visiting the Zoo, the Science Centre & Heritage Park. Celebrating many holidays and participating in Quest Day, the Cross Country Run, Terry Fox Run, Carnival & Jump Rope for Heart. In between all those events classroom learning and friendships blossomed. This group of Grade 1's is ready to take on Grade 2!

Le Lou Cooper

Howdy Pardner

Cheese!

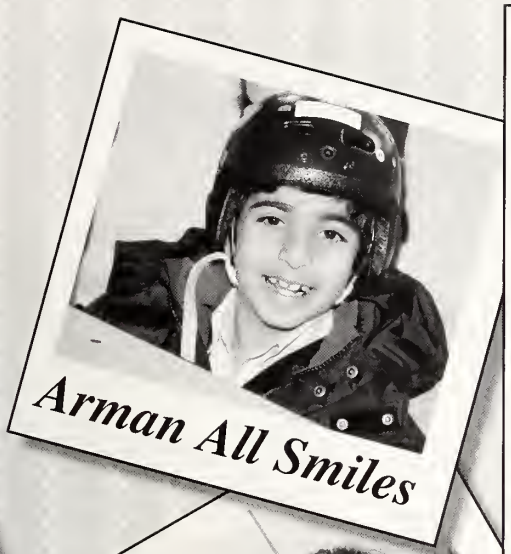
Peyton at EchoHill

gradetwo. A

Black, Carly
Derrick, Lauren
Hansen, Sage
Holland, Hudson
Iyer, Aditya
Khan, Amaan

Klinkenborg, Ethan
Mason, Brenden
McNeill, Grace
McNeill, Will
Nguyen, Noa
Perron, Cooper

Prete, Cole
Shimonov, Rachel
Singh, Bishneet
Thomas, Peyton
Vadnai, Avery



Arman All Smiles

Mikey in Costume

Chelsea

Inspiring

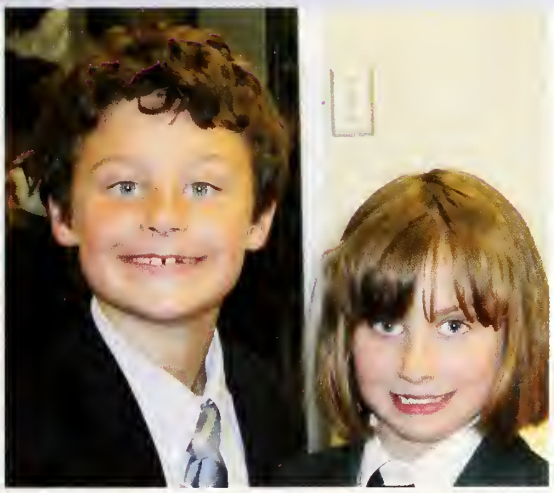
gradetwo.B

Abeywardene, Onelli
Armor, Rex
Copper, Nattalie
D'onofrio, Nicholas
Evelyn, Jalle
Jegen, Matthew

Krawitt, Austin
Lakhani, Zaki
Lakhu, Arman
Lindvall, Emil
Pearson, Angie
Robins, Alex

Rose, Aidan
Tilden, William
Toward, Liam
Turner, Mikey
Wong, Chelsea

Class of 2020



1 Scary Stuff - Emil, Nattalie & Jalle show off their Halloween finery
2 Carly & Matthew make great Dance Partners
3 The Leighton Center Field trip was a great chance to get reacquainted with old buddies - Angela, Zaki, Alex, Liam, Austin & Emil
4 Brenden runs his heart out on Terry Fox Day
5 The Glenbow Museum Trip was a fun time to examine artificats from days gone by. Here, Aditya holds a note with help from Will & Cole
6 Quest Day was a great way to end the year! Avery lends a hand in the Tug of War
7 Noa laughs it up with Angela
8 William runs for Cancer on Terry Fox Day
9 The Water Workshop taught about water & the Earth. Nicholas examines a water specimen
10 Carnival was celebrated for the first time at STS with great success! Ethan & Amaan warm up during a well earned cocoa break
11 Onelli takes in the sun on Quest Day
12 Austin, Matthew and Angela explore their creative sides at the Leighton Centre
13 Liam tries the drums at the Cantos Museum
14 Aidan listens carefully at the Water Workshop
15 Bakery, Produce, Starbucks - just some of the departments visited during the Safeway Tour. Alex & Lauren smile in the Butcher Shop
16 Sage & Rachel are Snow Buddies at Carnival
17 Bishneet concentrates on his thumbnail sketch at the Leighton Center

Giving Project

Maya & Aadam

Bunny Tales

Zoo Species?

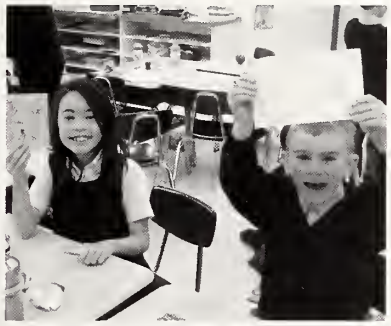
gradethree.A

Carson Barker
Matthew Beingessner
Hannah Brown
Yan Chung
Benjamin Coleman
Brock Jekill

Mikail Jiwa
Halla Kharfan
Lucas Kloberdanz-Dyck
Max Mercer
Mariah Meston
Daniel Rusnac

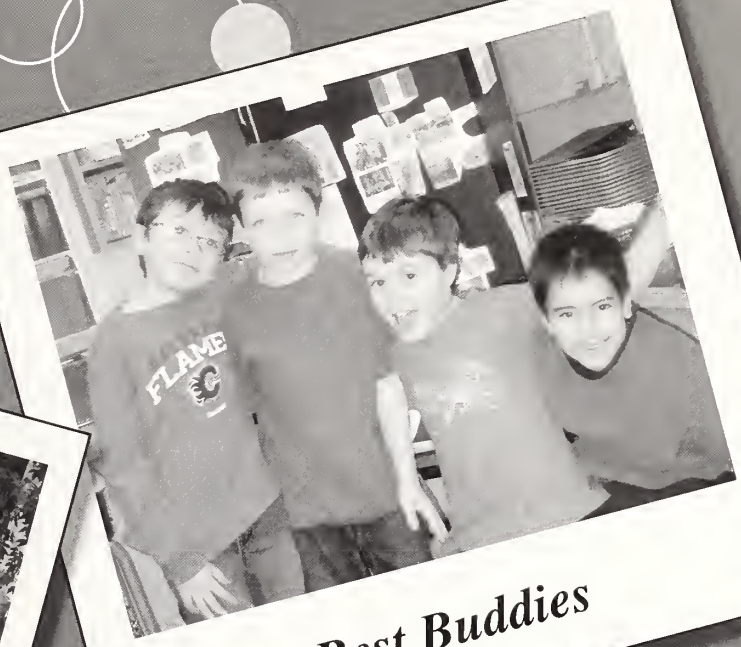
Image not Available

Mason Shopperly
Alexandra Watson
Alice Yates



Check this Out!

India Researchers



Best Buddies

gradethree. B

Ali, Hussein
Aspinall, Nicholas
Campbell, Riley
Chong, Nathan
Dhillon, Uday
Evans, Megan

Fisher, Jasmine
Garden, Richie
Hafiz, Emina
Jolley, Alex
King, Carter
Nanji, Aadam

Spilak, Ben
Spyker, Melissa
Wiebe, Connor
Wilkinson, Maya

"Our greatest natural resource is the minds of our children.

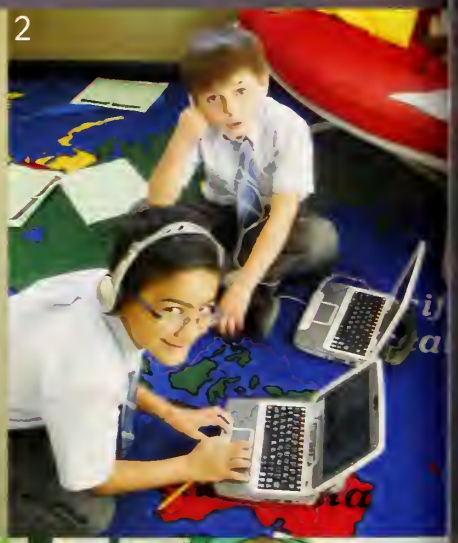
-Walt Disney

1. Jasmine shares her Halloween costume

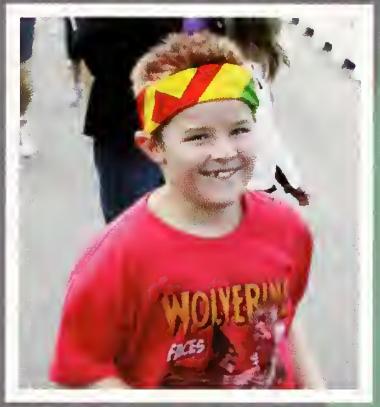
2. Danny and Mikail are hardworking inquirers

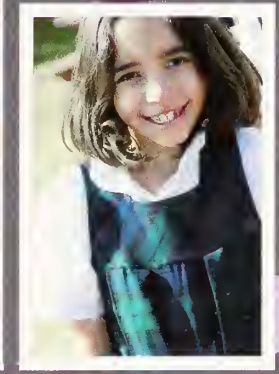
3. Halla and Benjamin wear authentic Peruvian clothing

4. Mariah role plays a pirate with her treasure



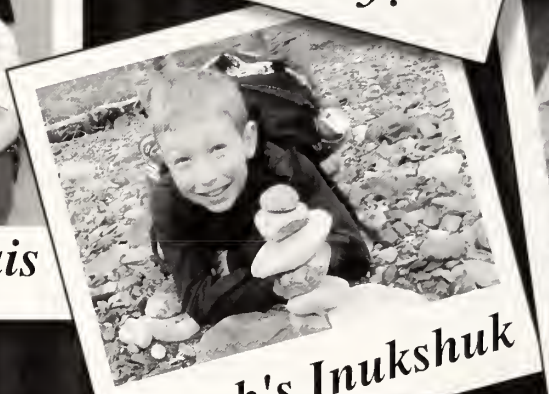
Class of 2019





Les Acteurs Francais

Run Holly!



Jacob's Inukshuk

Grade 4 Boys at Outdoor Camp

gradefour.A

Megan Bowers
Kennedy Campbell
Jake Dowdall
Paulina Hart
Annabelle Hicks
Hannah Kerman-Milne
Cameron Kletke

Ethan Kneller
Cooper Lochrie
Nate Ma
James Macdonald
Apostoli Marinakos
Monika Molnos
Braeden Ortt

Alexis Prete
Sheena Pujara
Kiana Rawji
Jyoti Ruparell
Kyle Schneider
Adam Schwartz
Zoe Wilmoth

Skater Girls!

Go Students!

Happy Times

gradefour.B

Emily Black
Louisa Blakeley
Lucas Crichton
Holly Kletke
Katiya Kloberdanz-Dyck
Maya Lakhu
Aimee Long-Innes

Alan Ma
Victoria Maybaum
Henry McArdle
Max McKay
Paul Ostlund
Kira Schneider
Chloe Shapiro

Ashyana Sunderji
Tiffany Toward
Sam Turner
Julia Wilson
Andrew Wiwchar
Cameron Wong
Luka Wrenshall

Class of 2018

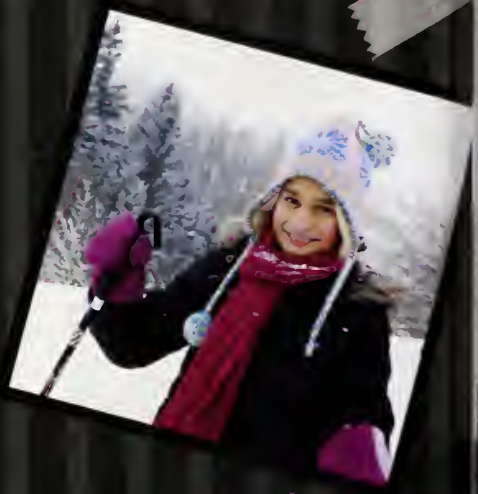
Welcome to Camp, boys

Speech Day

TUSC

Crazy Campers

Teachers are an inspiration



Frank Slide Field Trip

Chloe leads the way

Grade 4 Camp

Lucas takes a bite!

Computer time for Paul, Sam & Cameron

Chess Club

And what a year it's been!

H.O.P.

Andrew entertains at Renaissance Fair

Intramurals

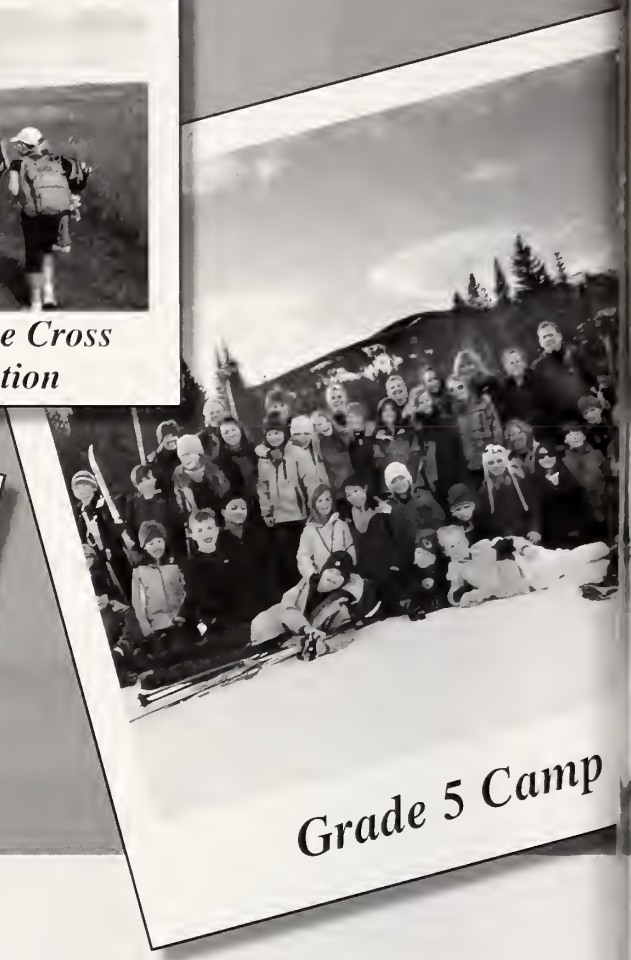
Renaissance Fair

We'll miss you Mrs. Hoff

Ready to Run!

Exploring the Cross Conservation

Spooky...



Grade 5 Camp

gradefive.A

Akshaj Aradhya
Harrison Brooke
Vicki Bruhjell
Eli Chapman
Sonya Distefano
Troy Hands
Pierce Hawker

James King
Leah Lussier
Hanna McNeill
Ross Moon
Madeleine Powell
Michaela Ralph
Daniel Reid

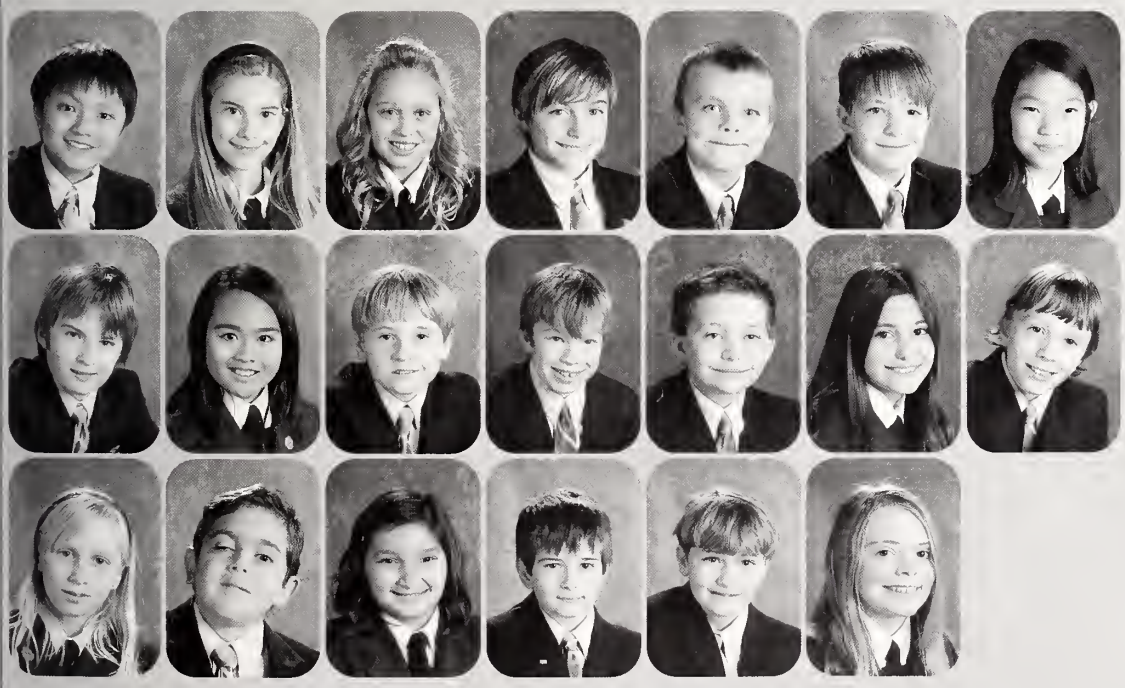
Nicole Shah
Evan Vadnai
Ryan Verburg
Nick Wiebe
Kenzie Witschi

Snowman Buds

Open for Business

Boo!

gradefive.B



Elliot Chiu
Lochlyn Clark
Aleisha Dera
Blaise Evelyn
Peyton Fercho
David Finn
Chanel Fu

Evan Kousinioris
Kristy Lee
James Lochrie
Glen McArthur
Tom Melvin-Smith
Samantha Mitchell
Christian Rossi

Mackenzie Roth
Michael Spyker
Imaan Sunderji
Benjamin Tilden
Liam Waterous
Mikayla Welykochy

GRADUATING CLASS OF 2017. A YEAR OF GOOD MEMORIES.....

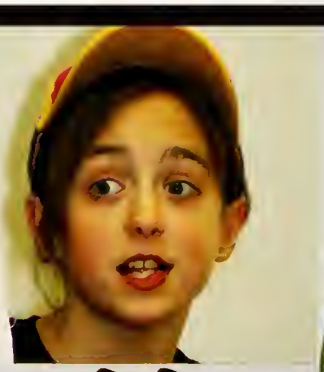
Shimmering **Waters**

Cross **CONSERVATION**

Mini **Mall**

Cross Country **SKIING**

Family **TRADITIONS**



Solo **ACTING**

Christmas Box **CAMPAIGN**

Cross **CONSERVATION**

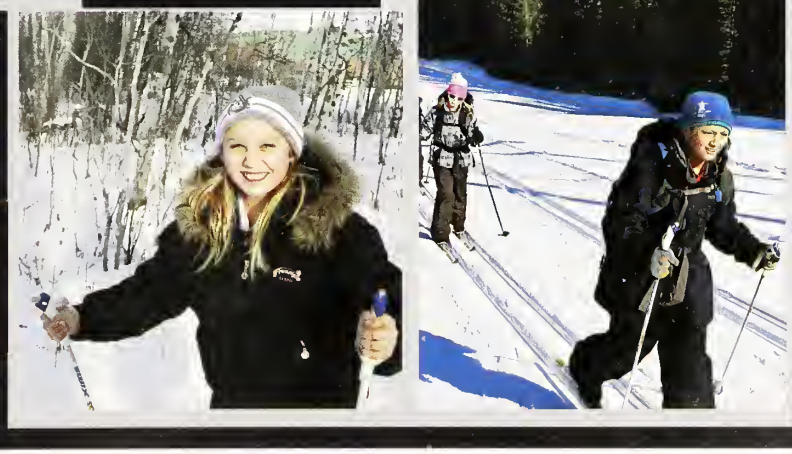
Me, Me, Me" **SCULPTURES**

.....MADE FROM A YEAR OF GOOD FUN!

Mini **Mall**

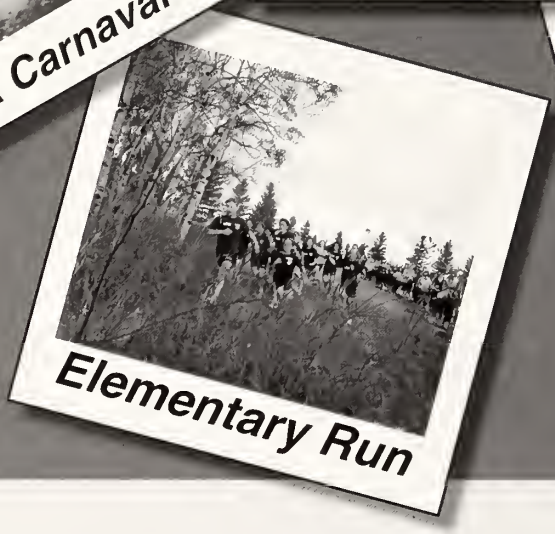
Cross Country **SKIING**

Elementary **RUN**



6A Carnaval

6A DARE



Elementary Run

Grade 6 Camp

gradesix.

Nikki Abbott
Cody Campbell
Jacqueline Conroy
Sarah Cooper
Brian Do
Teagan Evans
Liline Fermin
Ellie Gilchrist

Ethan Kemp
Christopher Kitchen
Sareena Lakhu
Tyler Or Ty Mackinnon
Savita McRae
Meg Ollive
Liam Ostlund
Jennifer Schwartz

Sarah Stumpf
Christina Sullivan
Nicholas Wynne
Lasindu Yapa
Abeywardene
Isabel Young

Elementary Run

6B and the winner is .....

6B DARE - to say no

gradesix. B

Sarah Cooper
Paul Crichton
Danielle Currie
Sophie Haines
Harrison Hart
Rosalind Jackson-Roe
Onna Janisch
Simi Kashyap

Sarah Kirker
Nicolas Lush
Robyn Macdermott
Jennifer McIntosh
Reid McKay
Aedan Mitchell
Austin Oginski
Jett Palframan

Taylor Poscente
Robert Selwa
Halle Shopperly
Kenzie Vaandering
Justin Yen
Vasia Zakos

Sarah, Rosalind, Brian, Paul, Reid, Lasindu, Austin & Christina

Christopher

Taylor, Vasia, Jacqueline, Onna, Sarah, Jennifer, Sareena &

Uline, Savita & Vasia

Justin & Austin

Ethan, Jennifer, Sarah, Halle & Cody

Robert, Tyler, Paul, Sophie, Nicolas

Cody, Liam, Tyler, Ethan & Brian

Nicholas

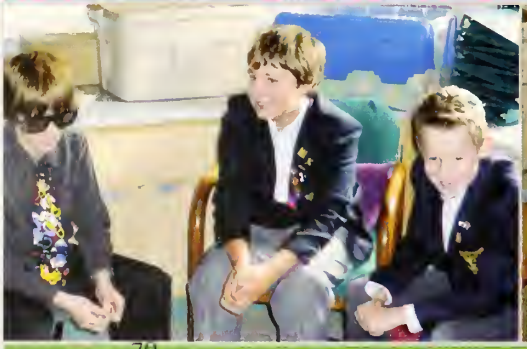
Nicolas

Christina

Rosalind, Vasia, Onna & Sarah

Isabel, Onna & Nikki

Aedan & Lasindu



Nicolas, Austin & Reid

Justin

Ellie, Nicholas, Danielle & Sarah

Cody

Rosalind

Harrison, Robert & Reid

Taylor & Kenzie

r, Reid & Teagan

Robyn

Liline, Meg & T

6A

Sareena & Vasia

Kenzie, Sophie & Savita

Liam, Aedan, Rosalind & Onna

Harrison & Brian

lind, Ms. Mayan, Nicolas & Taylor

Nikki

Aedan, Christopher & Jet

Halle & Sarah

nna, Ellie, Isabel, Nikki Sarah, Sarah & Halle

Jacqueline

Wherever you go, go with all your heart.

Confucius

Jet

A Moment in Time

One of the most unique qualities about STS is that it is a school that encompasses the entire educational experience from Grades 1-12. Shelby Sprung, '11, is gearing up for Grade 12 next year; at the same time, STS will be welcoming the Graduating Class of 2022!

"Sit with your knees facing forward. Tilt your head, just a little bit more, there you go. Now smile!" School portraits capture a single moment in time at the beginning of each school year. Junior and Senior High is a time where we move from childhood to adulthood and our portraits allow us to see how much we've grown over this time! We hope you enjoy seeing the progression from Grade 7 to the graduating class of 2010.

Junior & Senior High Portraits

grade seven A

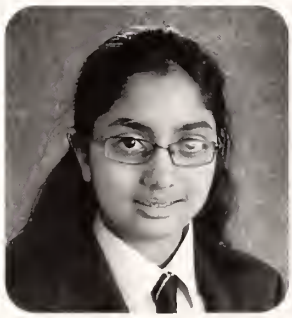
Alice Avery
Sophie Blakeley
Michael Bruhjell
Myles Chase

Katie Deller
Imara Dhalla
Austin Distefano
Tom Farran

Chad Hallman
Kara Hawker
Michelle Kirchman
Kelsey Lussier

Mat Nowak
Thomas Pearson
Stephen Powell
Ly-Anh Reid

Asha Ruparell
Maris Schneider
Matt Stashin
Charlee Witschi



grade seven B

Imaan Amlani
Sydney Barker
Avery Brown
Rhys Chapman

Will Clark
Sophie D'aguiar
Emma Dunlop
Wyatt Hansen

Billy Hornaday
Ben Jackson
Henk Ma
Ainsley Mac Dougall

Kathryn McLellan
Jill Northcott
Victoria Romanow
Elizabeth Tamas

Emma Turner
Keegan Turnquist
Cole Verburg
Darian Wrenshall

grade seven C

Timi Abolarin
Moira Bird
Fahreen Budhwani
Emily Culmone

Andres Massot
Brynn McLellan
Leigh McNeil-Taboika
Vanessa Morton

William Nelson
Cole Plater
Zahra Rawji
Angus Rawling

Eric Ritchie
Shiv Ruparell
Graham Seasons
Teaghan Stack

Julia Tops
Austin Weyant
Scott Wilson
Heather Wood

grade eight A

Tom Abbott
Claudia Belanger
Leah Chiu
Maclean Clark

Celeste Colborne
Austin Fercho
Danielle Hart
Calvin Lang

Daniel Livergant
Ryan Long-Innes
Emma Martin
Zach Miller

Gage Ockey
Rajesh Pujara
Jeremy Rose
Alex Smed

Scarlet Sprung

grade eight B

Gillian Ceyhan
Katelyn Cooper
Brittany Currie
Taylor Davis

Khalid Dhalla
Ryan Fisher
Neil Frank
Connor Greene

Ciara Hanly
Vanessa King
Ryan Kirker
Cody Mackinnon

Robbie McLean
Michelle Soules
Ryan Stumpf
Calvin Tam

Sara Taylor
Tyler Winter

grade eight C

Arissa Bachmann
Zack Coe
John Dick
Luke Edwards

Emily Evans
Sarah Faircloth-Nunn
Maria Golubev
Kelvin Hau

Lyndon Kristiansen
Madison Milne
Ryan Moon
Michaela Ostlund

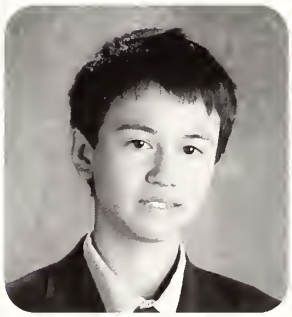
Ryan Shah
Andrew Stone
Connor Vaandering
Logan Woronuk

grade eight D

Shyla Bruvall
Brendan Burroughs
Sawera Dhaliwal
Peter Do

Milad Eskandar
Michelle Grant
Cameron Hands
Jacob Janisch

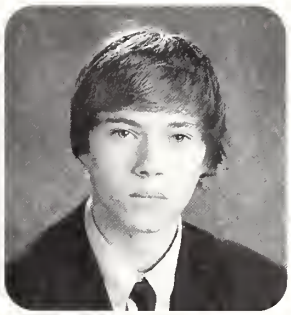
Merlin Kamila
Mackenzie Mantler
Hugh McNeil
Karli Pischke



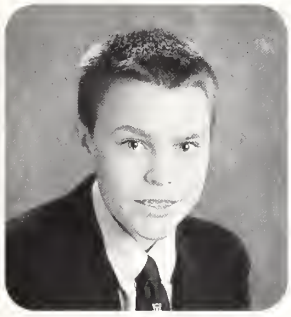
Avery Smed
Andy Tsuno
Kenzie Walker
Elliot Wilkinson

Elspeth Yates

grade nine A

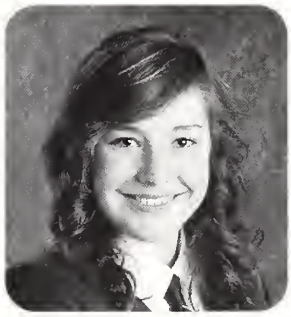


James Alexander
Hayden Amundson
Seth Carson
Brett De Bie



John Edwardh
Luisa Farmer
Darcy Foo
Kimberley Hornaday

Jordan Hutchings
Bradley Itzcovitch
Jonathan Kirchman
Jenna Maslechko



Renae McArthur
Calum McCracken
Emily McNeill
Meg Senger

Jennifer Stewart
Mark Storwick
Randi Thorbjornsen

grade nine B

Natasha Adams
Remy Brown
Taylor Chase
Jessi Cole

Andrew De Souza
Nathan Gallup
Sean Kennedy
Carl Lindvall

Daniel Passingham
Ben Roskey
Caitie Selwa
Natalie Stevenson

Joshua Szepesi-Dumonceaux
Julie Treleaven
Chase Van Sant
Riley Waterous

Georgia Young
Andreas Zakos

grade nine C

Jennifer Anderson
Anya Blakeley
Kara Chad
Stefan Dilger

John Fennell
Cody Fullerton
Michelle Garden
Shane Hamilton

Ron Heathcott
Ibrahim Itani
Kate Macfarlane
Steven McIntosh

Narayan McRae
Justin Nadeau
Scoutt Palframan
Kendall Seasons

Tynan Stack
Bart Starich
Anna Weyant

grade nine D

Mitchell Beacom
Sydney Bullen
Thomas Dunlop
Eliza Manzer

Charlotte McArdle
Hanna Medwid
Alistair Morton
Isaac Niles

Quinn Peplinski
Taryn Plater
Katrina Purcell
Nehaz Rana

Griffin Smith
Arden Sommerville
Michael Sullivan
Brandon Taylor

Ricky Tsuno
Sunny Yen

Junior High Candids

grade ten A

Jenna Amlani
Arman Bachmann
Radha Bhagat
Alyssa Borden

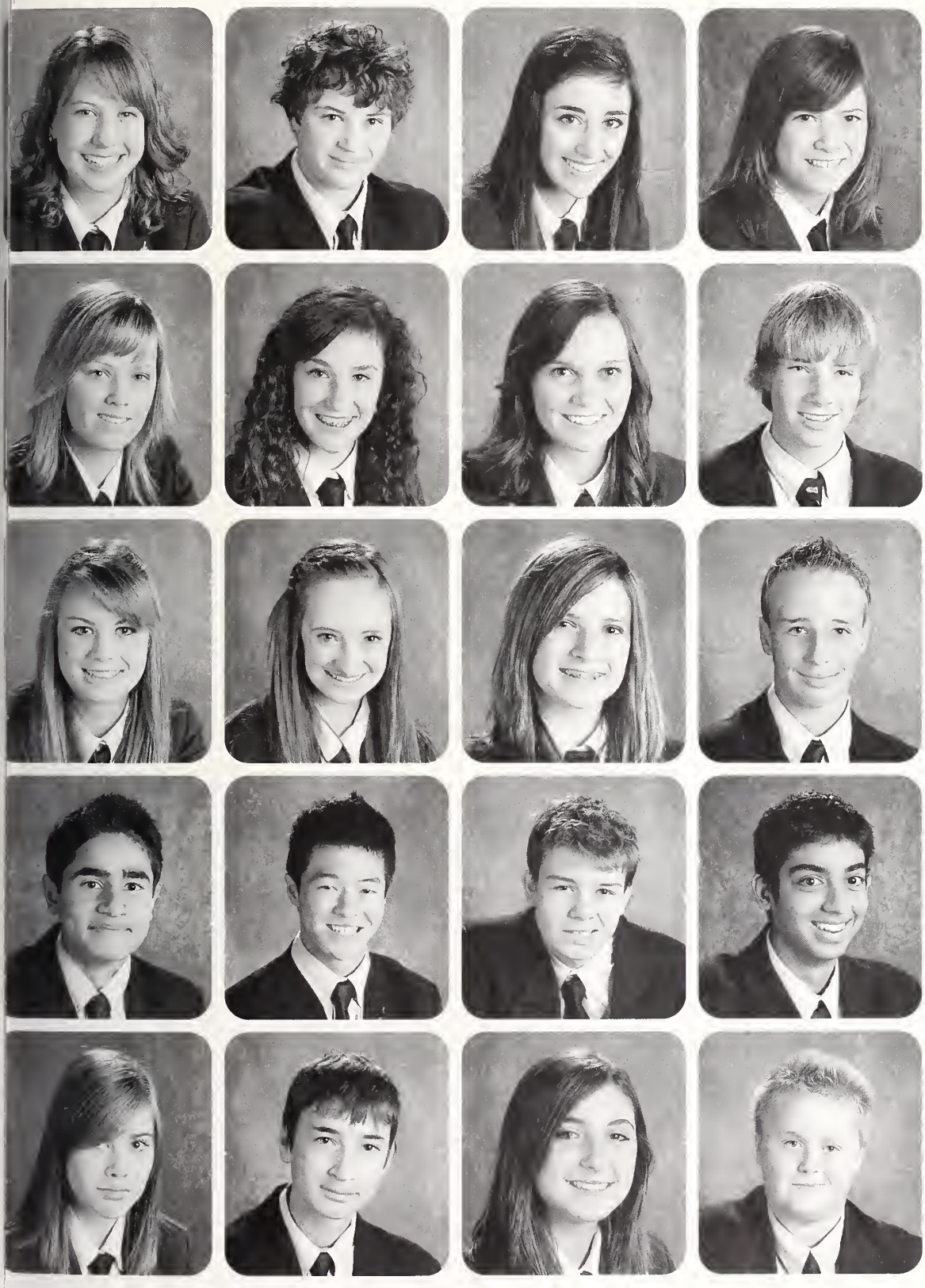
Charlie Borrell
Leigh Farran
Hailey Fisher
Matthew Fisher

Georgia Forbes
James Kirker
Katie Kirker
Alison Knill

Kelli McLean
Hannah Reynish
Brendan Rose
Charles Rozsa

Keeley Shaw-Antonio
William Whitehead
Madi Wood

grade ten B



Camille Brockmann
Zachary Carson
Tiandra Ceyhan
Bretton Chad

Ashleigh Corbiell
Marie-Catherine French
Michelle Fric
Peter Germaine

Lisa Grant
Hannah Lederer
Darby Lush
Justin Mackinnon

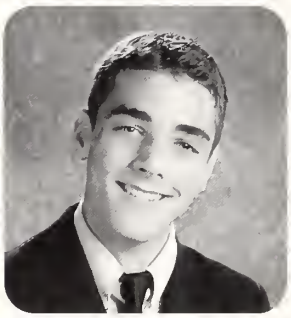
Ajay Mahajan
Mitchell Park
Ben Pluck
Ali Poonja

Gillian Soules
John St. George
Sydney Stashin
Brennan Swanson

grade ten C

Virginia Cooke
Michael Culmone
Diana Daklala
Joseph Deering

Jeff Harvey
Jordan Hilderman
Kylie Hornaday
Alden Hui

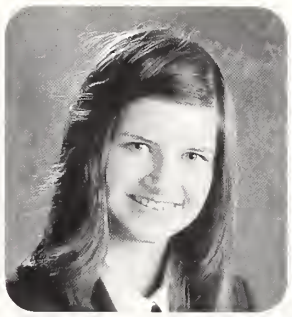
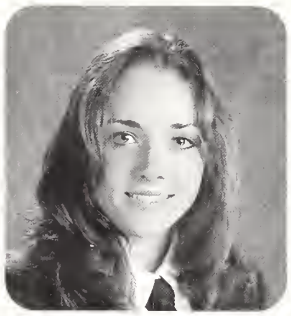


Rebecca McCreedy
Michelle McKay
Daniel Mullie
Peter Nieuwenburg

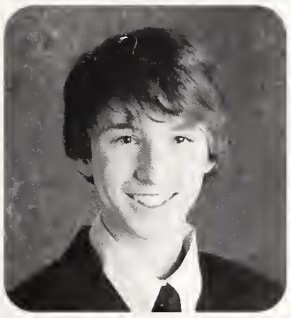
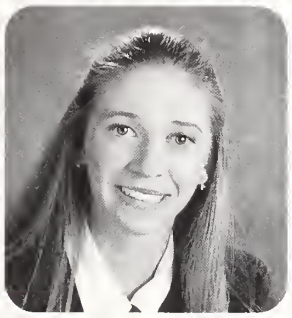
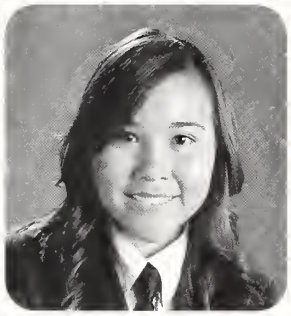
Lindsay Street
Tobi Toba-Oluboka
Bronwyn Valentine
Vincent Van Der Poel

Alexandra Walker
Grace Walker
Thomas Wood

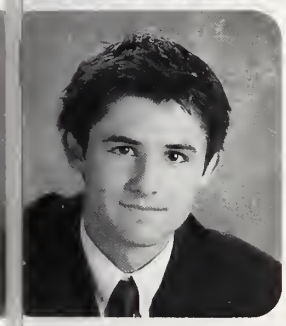
grade ten D

Ashley Ang
Gursimran Dhaliwal
Julia Dick
Nicole Distefano

Jennie Evamy-Hill
Trevor Hunt
Honora Jackson-Roe
Tori Kamila



Lucas Kemp
Connor Ollive

James Kirker
Cody MacKinnon
Justin MacKinnon
Charlotte McArdle

Spartans Without Homes

These students were not able to be grouped with their homerooms, but we'd like to recognize them anyway!

Zhe Yin
Taylor Davis

grade eleven A

Annie Abbott
Muyiwa Abolarin
Bryce Albery
Robert Belanger
Colleen Boykiw

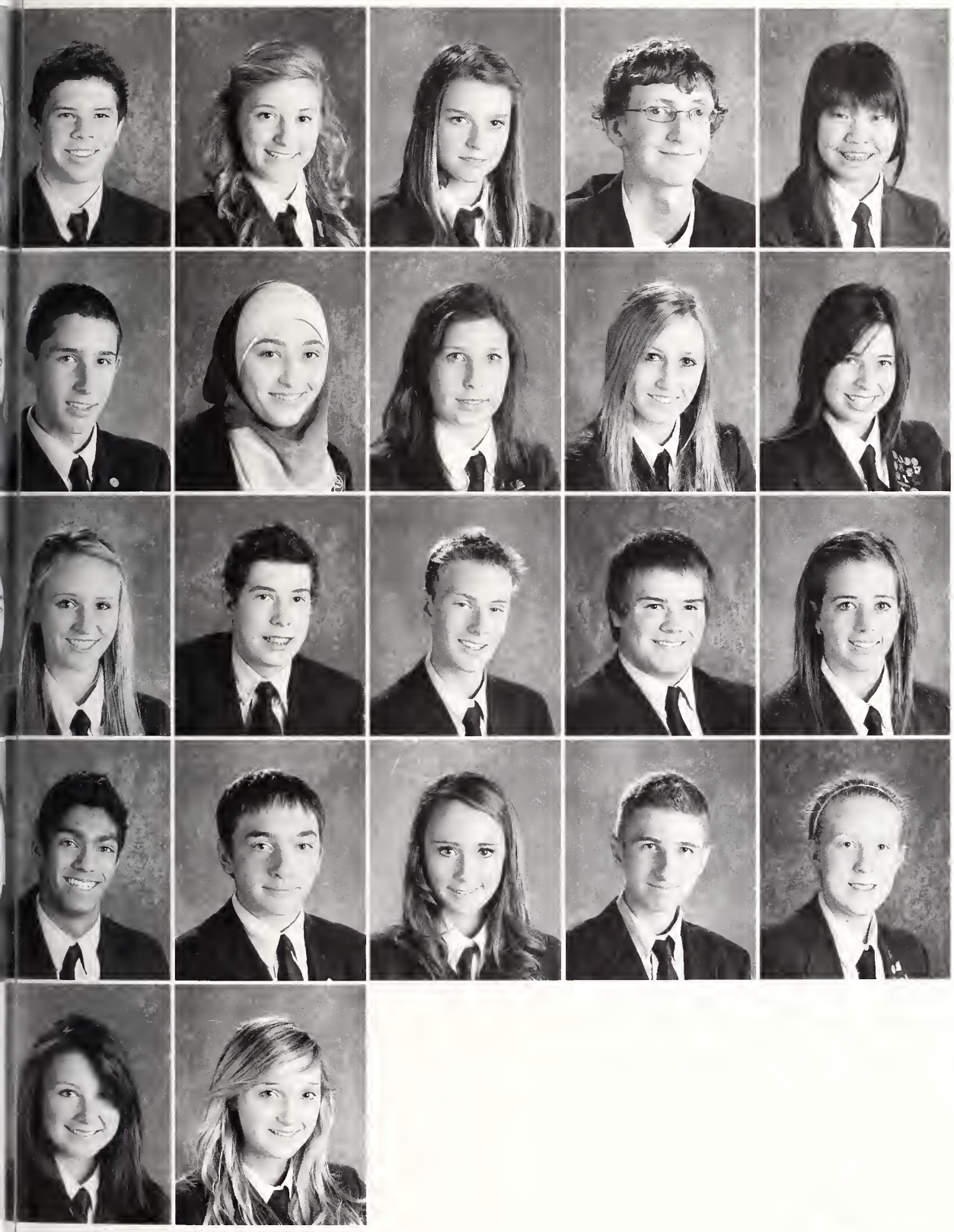
Katie Broenink
Asia Brown
Shaundra Bruvall
Shannon Churchill-Smith
Brooke Coughlin

Courtney Davis
Alice Dibley
Anne Ekwere
Navid Eskandar
Emma Fu

Philip Hache
Iona McCracken
Lauren Payne
Mackenzie Seasons
Max Van Sant

Hannah Wood

grade eleven B



Jeremy Brittain
Lindsay Evans
Jessica Girling
Brock Hadden
Brittany Ho

Ted Irvine
Tamara Itani
Ashley Itzcovitch
Sarah Jackson
Carolyn Jepson

Emily Jerome
Erik Jorgenson
William Kennedy
Davis Macdonald
Madison Macdonald

Omar Manji
Mark Nardei
Jessie Niles
Ian Ritchie
Erika Romanow

Courtney Schluessel
Shelby Sprung

grade eleven C

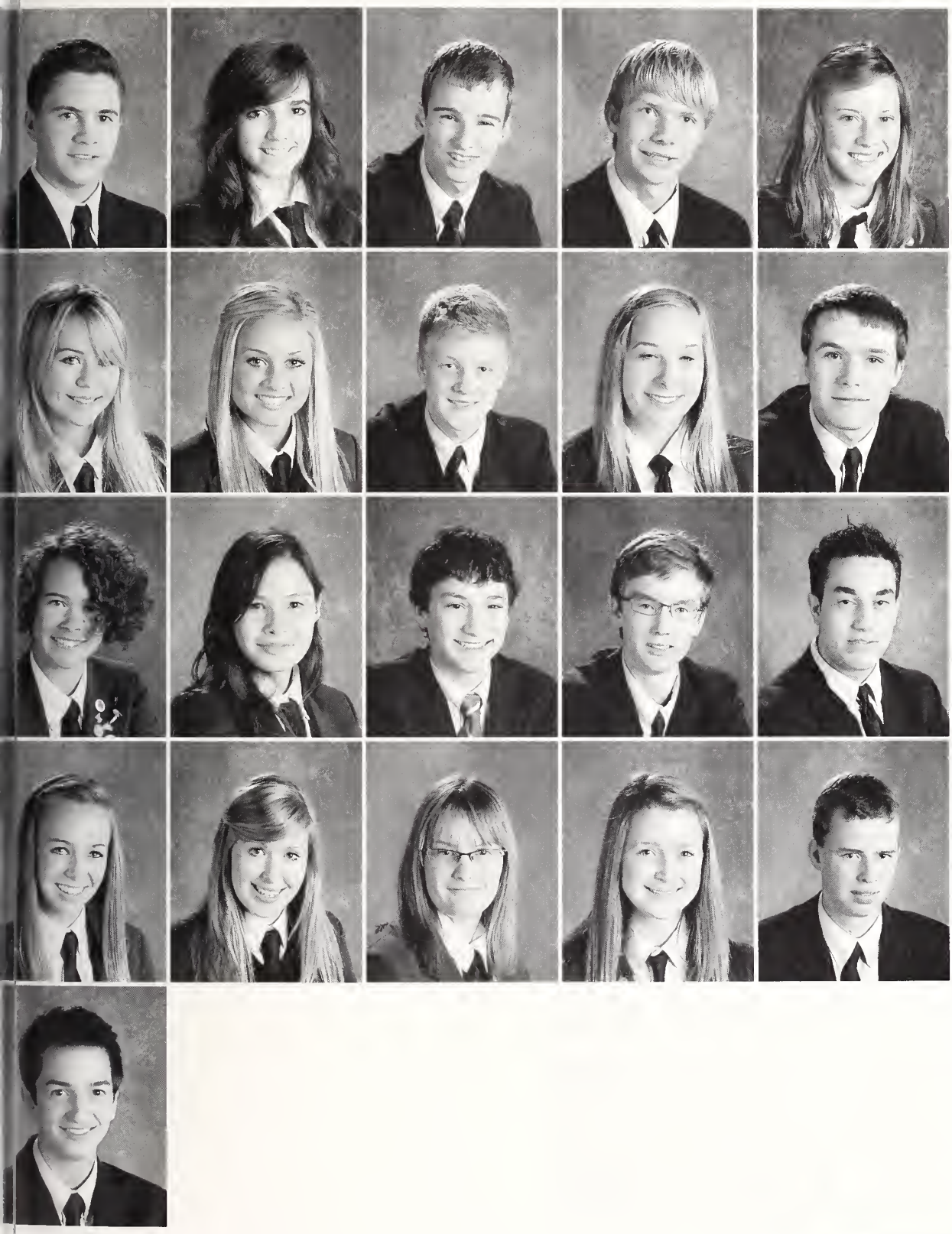
Sydney Flowerday
Andrew Garden
Emma Garforth-Bles
Kate Hanly
Katie Henry

Jayden Kulhawy
Grace Kusuma
Lucy Luo
Kirstie Lush
Danielle McArthur

Chris Meston
Amanda Nadeau
Chad Plesa-Naden
Chelsea Robertson
Zaman Sachedina

Euan Sadler
Kevin Seasons
Parker Shaw
Mike Smith
Nick Stevenson

grade eleven D



Connor Distefano
Daniela Farmer
Florian Fermin
Sebastian Graubner
Lizzi Hanly

Emilia Lindvall
Sarah Maslechko
Brandon McLachlan
Kelsey McNeill
Austin Miller

Ceilidh Munroe
Shawkay Ottmann
Eric Sommerville
Evan Staples
Elias Swaita

Meghan Thomas
Stephanie Thompson
Casey Thorbjornsen
Tegan Valentine
Philip Van Der Poel

Ian Whitestone

grade twelve

James Borrell
Geoff Evamy-Hill
Evan Ferguson
Connor Fitzmaurice
Luke Frankiw

Elizabeth Kay
Kate Koplovich
Jenna Lakhani
Layne Newhouse
Marshall Palmer

Dougie Pearson
Brian Pendergast
Ali Rehman
Kate Spencer
Justine Stevens

Ryan Thomas
Paul Thompson
Shawn Treleaven
Sarah Tripp
Max Tsuno

Victoria Tucker
Katherine Wynne

grade twelve B

Alexander Bailey
Easton Bartman
Hussein Bhojani
Alexa Burgess
Dillon De Bie

Danielle Duska
Carmen Germaine
Clara Guarienti
Oje Hart
Jeremy Kong

Cheyenne Laatsch
Elizabeth Lucas
Olivia Manzer
Erin Moch
Chris Pluck

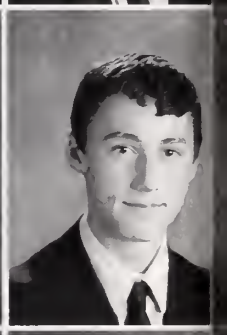
Keegan Smith
Olivia Starich
Connor Waterous
Alisha Whitehead

grade twelve C

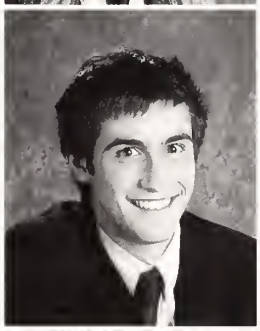
Jay Brockmann
Fayaz Budhwani
Alexandre Dudelzak
Mary Hansen
Laura Harvey

Adam Ibrahim
Heleen Joubert
Adam Le Dain
Patrick Ma
Jordan Magidson

Heather Purves
Cynthia Ramasubbu
Shazia Samanani
Montana Shaw-Antonio
Scott Sommerville



Corbin Staniloff
John Storwick
Jordan Strand
Lauren Van Sickle
Emily Way



Victor Wu

grade twelve D

Ali Amundson
Carter Brown
Morgan Bullen
Cloe Fan
Reed Gillanders

Adam Hood
Thomas Jacobs
Elizabeth Marklin
Viktoria McNeil-Taboika
Kathleen Milani

Patricia Moscibrodzki
Sara Nieuwenburg
Anny Peplinski
Shayla Porter
Peter Ruff

Michael Shaw
Easton Sheahan-Lee
Max Shilling
Tessa Wihak
Leanne Young

SPARTAN EXCELLENCE

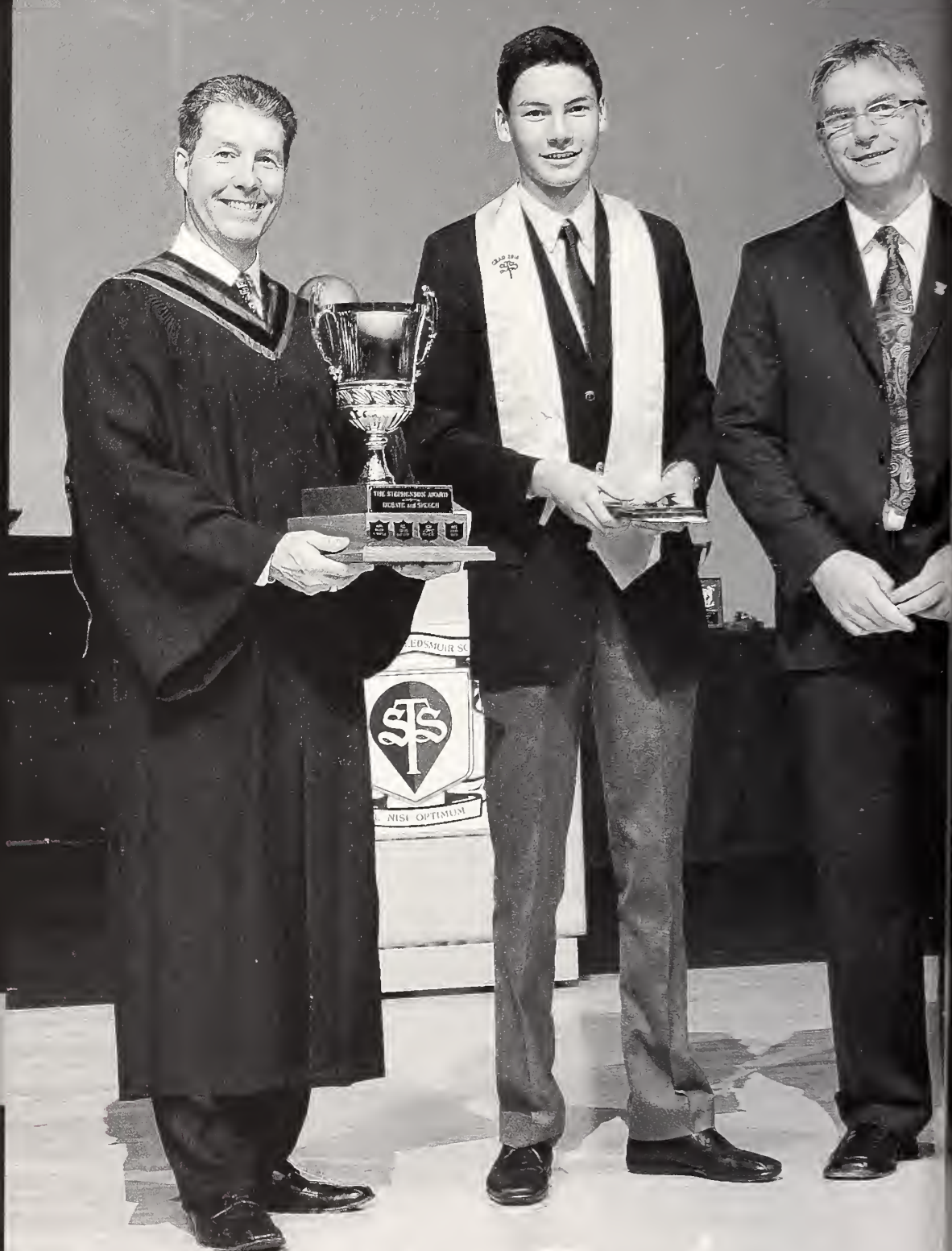
Katherine Wynne '10 and two of her fellow Model United Nations delegates plan their next step in negotiations at McGill University in Montreal, Quebec. The award-winning Model United Nations program at STS allows students to travel to international conferences and work with delegates from around the world, addressing global concerns.

The halls of STS are never quiet. In the Fine Arts wing, a group of choir students are practicing their latest piece. in Room 82, debaters are preparing for their first meet of the season. Round Square volunteers are counting donations to be taken to the Dominican Republic. Students are busy perfecting the position papers they will take to Berkeley Model UN. The Jazz Combo is practicing for an upcoming performance. Yes, it's just another typical day at STS.

Clubs & Student Life

Activites

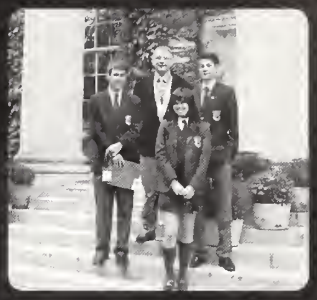
At Prizegiving, Easton was selected to receive the Stephenson Award for Excellence in Speech and Debate. Mr. Fink, head of Speech and Debate at STS, along with Mr. Jones, stand with Easton.



present cook
speak form
sprint drive

Speech Debate

In 2010 , STS students achieved great success in the areas of Speech and Debate. In fact, STS was proud to host both a regional speech tournament and the Alberta debate provincials during this time. While a novice debate team sharpened their skills, it was the speech team that truly soared. Most notably, Easton Sheahan-Lee '10 attended the International Independent Schools Public Speaking Competition in Massachusetts, along with Cloe Fan '10 and Chris Pluck '10. Easton placed 7th overall, and was given a birth to the World Public Speaking competition in Lithuania in April. After intensive preparation, Easton attended the tournament and placed 8th in the world, based on an aggregate score over a number of events. Easton was a fantastic ambassador for the Speech and Debate program here at STS.



Locally, our speech team was busy practicing their speeches and winning many of the competitions they attended! At the provincial level, gold medals were won by Maria Golubev '14, Elspeth Yates '14 and Thomas Dunlop '13. Silver medals were won by Imara Dhalla '15, Maris Schneider '15, Jill Northcott '15 and Honora Jackson-Roe '13. Bronze medals were won by Timi Abolarin '15 and Shiv Ruparell '15. Many of these medal winners were rookies!

Thanks to all of the speech and debate coaches for a great season! With all the talent here at STS, we can hardly wait until next year!

Grade 7 Beginner Band

Back Row (from left): Mr. Uzick, Elizabeth Tamas, Scott Wilson, Ben Jackson, Billy Hornaday, Andres Massot, Cole Plater, Timi Abolarin, William Nelson
Third Row (from left): Chad Hallman, Eric Ritchie, Graham Seasons, Michael Bruhjell, LyAnh Reid, Matthew Stashin, Wyatt Hansen, Stephen Powell, Ms. Cooper
Second Row (from left): Tom Farran, Darian Wrenshall, Kathryn McLellan, Teaghan Stack, Mat Nowak, Cole Plater, Sophie D'Aguiar
Front Row (from left): Maris Schneider, Charlee Witschi, Asha Ruparell, Victoria Romano, Kelsey Lussier, Imara Dhalla

Grade 8 Band

Top Row (from left): Mr. Uzick, Cameron Hands, Kelvin Hau, Calvin Lang, Ryan Shah, Ryan Long-Innes, Maclean Clark, Ms. Cooper
Middle Row (from left): Austin Fercho, Tom Abbott, Jacob Janish, Daniel Livergant, Andy Tsuno, Ryan Stumpf, Gage Ockey, Cody Mackinnon
Bottom Row (from left): Peter Do, Merlin Kamila, Brendan Burroughs, Claudia Belanger, Michelle Soules, Brittany Currie

STS Band Program

Grade 9 Band

Top Row (from left): Mr. Uzick, Michael Sullivan, Jordan Hutchings, Justin Nadeau, Quinn Peplinski, Brad Itzcovitch, Chase Van Sant
Third Row (from left): Ricky Tsuno, Narayan McRae, Tynan Stack, Taylor Chase, Brett De Bie, Stefan Dilger, Ms Cooper
Second Row (from left): Jon Kirchman, Darcy Foo, Nathan Gallup, Isaac Niles, James Alexander, Alistair Morton, Thomas Dunlop, Daniel Passingham
Front Row (from left): Joshua Szepsi-Dumonceaux, Randi Thorbjornsen, Kendall Seasons, Natasha Adams, Natalie Stevenson, Ibrahim Itani

Senior Band

Fourth Row (from left): Muyiwa Abolarin, Ben Pluck, John Storwick, Ali Poonja, Robert Belanger, Charles Rozsa, Max Tsuno, Joe Deering, Arman Bachmann, William Whitehead
Third Row: Mitchell Park, Justine Stevens, Darcy Foo, John St. George, Ian Ritchie, Michael Sullivan, Peter Germaine, James Kirker, Justin MacKinnon, Zaman Sachedina
Second Row: Emma Fu, Katherine Henry, Radha Kumari-Bhagat, Elizabeth, Marklin, Mark Nardei, Carolyn Jepson, Mackenzie Seasons, Julia Dyck, Lauren Payne, Mr. Brian Uzick
First Row: Nicole DiStefano, Rebecca McCreedy, Gillian Soules, Tiandra Ceyhan, Lauren Van Sickle, Katherine Wynn, Casey Thorbjornsen

STS Band Program

Junior Jazz Band

Top Row: Ms. Cooper, Calvin Lang, Maclean Clark, Kelvin Hau, Peter Do
Middle Row: Daniel Livergant, Jacob Janisch, Randi Thorbjornsen, Andy Tsuno, Tom Abbott
Front Row: Daniel Passingham, Ryan Shah, Gage Ockey, Brendan Burroughs, Cameron Hands

Senior Jazz Band

Top Row: Jon Kirchman, Alex Bailey, Joe Deering, Thomas Dunlop, Mr. Uzick
Middle Row: Mitchell Park, Mark Nardei, Justin Nadeau, Mackenzie Seasons , Darcy F
Muyiwa Abolarin
Front Row: Peter Germaine, Ian Ritchie, Tynan Stack, Charles Rozsa, Narayan McRa

STS Jazz Combo

From Left: Ian Ritchie, Charles Rozsa, Arman Bachmann, Mitchell Part, Mark Nardei (front)

Junior High Choir

Back Row (from left): Kelsey Lussier, Randi Thorbjornsen, Teaghan Stack, Danielle Hart, Asha Ruparell, Jill Northcott, Billy Hornaday, Timi Abolarin
Middle Row (from left): Ms Provencher, Ryan Kirker, Heather Wood, Leigh McNeil-Taboika; Ryan Stumpf, Julia Tops, Vanessa King, LyAnh Reid
Front Row (from left): Maris Schneider, Imara Dhalla, Gillian Ceyhan, Michelle Soules, Imaan Amlani
Missing: Katie Deller, Alex Smed, Emily Evans, Logan Woronuk, Kim Hornaday, Elspeth Yates

Senior High Choir

Back Row (from left): Ms. Provencher, Sara Niewenburg, Michael Sullivan, John Storwick, Honora Jackson-Roe
Middle Row (from left): Danielle Duska, Montana Shaw-Antonio, Kate Koplovich, Katherine Wynne
Front Row (from left): Kylie Hornaday, Jenna Lakhani, Casey Thorbjornsen, Cloe Fan, Katie Kirker
Missing: Geoffrey Evamy-Hill, Muyiwa Abolarin

McGill University

Model United Nations

On November 11th, 22 STS students traveled to Montreal to participate in McGill's 17th Secondary Schools United Nations Symposium (SSUNS). In addition to the opportunity to take in the sights of Montreal, SSUNS was a great success for our delegation as they were able to flex their diplomatic muscles at this new conference; debating topics from the problem of child soldiers and the crisis in Haiti, to the use of space-based technology in the management of fresh water sources. These committee experiences were in part developed by STS alum Jacob Hardy '09 and Mickaela Nixon '09 who were continuing with their MUN experience at the university level. Our delegates were confronted with the task of developing realistic plans of action based on existing technologies as well as international law and the sophistication and detail of their proposals reflected well on their diligent preparations and highlighted the authentic learning experience that these MUN simulations represent. Their hard work paid off and our delegation earned six awards. Connor Waterous '10, Easton Sheahan-Lee '10, and Muyiwa Abolarin '11 were awarded the Pierre Elliot Trudeau Award for Diplomatic Finesse, Chris Pluck '10, the Nellie McClung Award for Advocacy, Tegan Valentine '11, the Lester B. Pearson Award for Peace Making and Marshall Palmer '10, the Book Prize for Embodying the Spirit of the United Nations.

UC Berkeley

Model United Nations

The STS Model United Nations (MUN) team travelled to the storied UCal Berkeley campus from March 3-7, 2010, for another successful experience in the arena of international diplomacy. The Berkeley MUN ran its 58th session, one of the longest running in the world, and offered students an opportunity to engage in an authentic, experiential learning opportunity; an opportunity to put into practice the skills and knowledge developed through coursework across diverse disciplines as well as their expanded understanding of international issues. **Research Awards** were earned by the following students: Carmen Germaine & Katherine Wynne, Georgia Forbes & Michelle Fric, Tiandra Ceyhan & Lucas Kemp, Marshall Palmer, Brock Hadden & Jeremy Brittain, and Easton Sheahan-Lee **Commendations** were earned by Carmen Germaine and Katherine Wynne in the International Monetary Fund, Erik Jorgenson & Bryce Albery in the UN Office on Drugs and Crime, Tiandra Ceyhan & Lucas Kemp in the World Health Organization, Marshall Palmer in the International Court of Justice, Cloe Fan & Olivia Manzer in the UN Environment Programme, Bronwyn Valentine & Michelle McKay in the 1st Committee Disarmament and International Security, Colleen Boykiw & Tegan Valentine in the 6th Committee - Legal and Easton Sheahan-Lee in the specialized Venezuelan Crisis Council. **Outstanding Delegation** honours were earned by Lucy Luo & Brittany Ho in the 3rd Committee, Social, Cultural and Humanitarian.

Clockwise from top right team building picture; Myles Chase dons his protective gear in order to help out at Habitat for Humanity; Myles Chase, Jill Northcott, Zahra Rawji and Teaghan Stack clean up nicely for the semi-formal dinner at the end of the conference; the students spent the week at the host school, Rothesay Netherwood, the theme of the conference was R.I.S.E; a student tackles the high ropes challenge course.

New Brunswick

Young Round Square Conference

On May 2, 2010, Jill Northcott '15, Teaghan Stack '15, Myles Chase '15 and Zahra Rawji '15, accompanied by Ms. Chow, travelled to New Brunswick for a conference on Industrial Responsibility to the Environment. The conference was hosted by Rothesay Netherwood School in Rothesay, NB. Along with students from schools across Canada and the United States, these 4 students viewed presentations, participated in community service projects, including Habitat for Humanity, and took part in team-building activities. They also had time for a little bit of fun! When they weren't busy with conference activities, they group was able to take in the sights at the world famous Bay of Fundy, standing on the 'bottom of the ocean' when the tide was low! One of the highlights of the trip, according to Jill Northcott, was the trip to Camp Glenburn, where they participated in a high ropes challenge course. The students had an eye-opening experience and greatly appreciated the opportunity! The Young Round Square conference is open to selected students in Grade 7 each year.

Clockwise from top right: Jennie Evamy-Hill works with local students to rake and dig; Emma Garforth-Bles makes a friend!; Geoff Evamy-Hill poses for a camera with two Dominican boys; With a fresh coat of paint, buildings become something to be proud of; the girls pose in front of a mural with hands painted every colour of the rainbow; Lucy Luo keeps safe from the sun while working.

Dominican Republic

Round Square Student Service Trip

At the end of March, 2010, 13 high school students and 2 faculty members traveled to the Dominican Republic to work with and empower local communities. The students were busy doing construction, painting murals, working with children in schools and handing out donation items . The student all remarked that it was a completely 'life changing' experience for them.

"Seeing the living conditions of the Dominicans and Haitians, we were all able to realize everything we have compared everything they have and we realized that we are extremely lucky for our family, friends, education, medical care and habitation. In the Dominican Republic, the children would do anything for an education, but are not provided with proper supplies or cannot afford their time and money."

The 13 students and 2 teachers who traveled to the Dominican were: Carolyn Jepson, Sara Nieuwenberg, Sydney Flowerday, Ali Amundson, Casey Thorbjornsen, Emily Jerome, Emma Garforth-Bles, Grace Kusuma, Jennie Evamy-Hill, Jeff Evamy-Hill, Katie Broenink, Lucy Luo, Hannah Wood, Mr. Larry Clark and Ms. Debra Carlson.

Clockwise from top right: In the 40 degree heat, a group of girls take in the ocean breeze; palm trees are a beautiful sight to see in the middle of a cold Calgary spring; Andy Tsuno enjoys a boat trip; the Grade 8s assemble to watch a cannon shooting at a historic Cuban castle; the highlight of the trip was a visit to a Cuban Junior High School; Maria Golubev is given dancing instruction at a local dance studio.

Santiago De Cuba

Grade 8 Spanish Language Trip

Stepping off the plane after travelling for more than a day, the heat was like a blanket. It was difficult for the Grade 8 Spanish students not to smile - they had made it to Cuba! A world of adventure waited for them, from giant land crabs that climbed walls, to gorgeous monuments, to the most entertaining and knowledgeable tour guide that they could hope for. While honing their Spanish skills, students were also exposed to a fascinating and beautiuful cuture. They learned about the Cuban Revolution, visited museums, watched Mr. Carlson ride with dolphins at the aquarium and practice their tango skills. The highlight of the trip was a visit to Dino's Ice Cream - heavenly! The students also got a chance to spend a morning at a Cuban school, where they exchanged gifts and email addresses. Ole!

Clockwise from top right: Lyndon Kristiansen and Kelvin Hau relax between activities during a busy day; a group of Grade 8 girls enjoy their maple syrup treat - homemade, of course!; regardez dans la ciel! Grade 8 students spend time in Old Quebec; Sawera Dhaliwal makes friends with the Bonhomme of the Quebec Carnival; Andrew Stone enjoys dinner; a view of the hotel at dusk.

Quebec City

Grade 8 French Language Trip

In April 2010, Grade 8 students enrolled in French boarded a plane for beautiful Quebec City, ready to take in the sights and hone their French-speaking skills. In addition to visits to some of Canada's best museums and exhibits, students had the chance to participate in several new activities: swimming at the University of Laval pool, seeing a (French) movie in IMAX 3D, dancingon a disco cruise and playing glow-in-the-dark bowling! Many students remarked on the delicious food and the fun they had with their friends, absorbing the French culture and spending time exploring one of Canada's oldest cities. As Gillian Ceyhan '15 remarks, "the entire Grade 8 class learned the true meaning of 'Je Me Souviens', as we will never forget this trip!"

Above: Strathcona-Tweedsmuir Students pose on the steps during their trip to India with teachers Mr. Mercer and Ms. Harper, along with friends made on the trip. 90 schools from around the world attended this year's conference, in Ajmer, India.

Mayo College, India

International Round Square Conference

In the fall of 2009, six STS students (Leigh Farran '12, Austin Miller '11, Olivia Starich '10, Katie Kirker '12, Michelle Fric '12 and Jessica Girling '11) traveled to Ajmer, India, to attend the International Round Square Conferences hosted by the beautiful Mayo College. The conference focused on the six pillars of the Round Square program (internationalism, democracy, environment, adventure, leadership and service) and gave students a chance to develop meaningful ways to incorporate these IDEALS into the STS community. For the students, the highlight of the trip was, without a doubt, the close and meaningful connections they made with friends from around the world. As Katie Kirker remarked, "it's amazing that people who live so far apart, speak different languages and live different lives can come together to discuss issues and share opinions"

Poetry Awards

Locke and Christy Worsley Awards

excerpt from "Shards of Myself"
by Victoria Clark '13

Before me stands a girl - a friend or a stranger?
I do not know so I settle for both.
Curiousity grasps us so we lean in closer;
Two eyes blinking into the other.

She is so pale, so white, so grey,
Her face has never smiled
And never shall or will.
But I savour company, no matter who the bringer.

She echoes my every movement.
I see her heartbeat through her veins
And feel mine reverberate alike.
We are coupled in a way I cannot grasp.

For a while, I stand, I stare,
I speak to the girl,
Her lips trace my words
But no sound escapes from them.

Then I reach for her.
As if in a flux, I see her fall;
She slowly tips towards the ground.
Her face crams with horror, but it is I who feels it.

excerpt from "Untitled"
by Heather Purves '10

Basking in the summer sun
Its soft rays blanket me
Under it I come undone
Simple serenity

Around me floats the morning's smell
That spring left here to stay
Of fresh cut lawns, and toward me swells
The lightly lapping lake

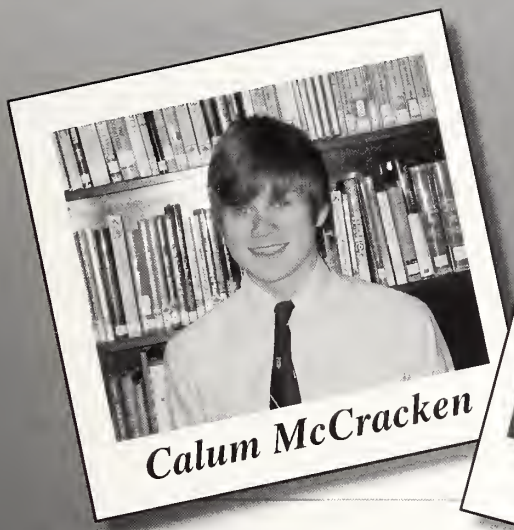
Into this tranquil trance intrudes
A fly beneath my skin
Reminds me of the work to do
For tomorrow to begin

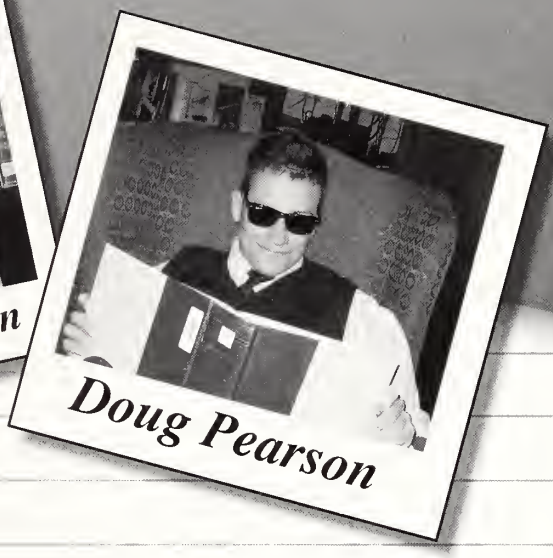
The list in my absence has grown
There's no time for time, no
I'm hunched over an empty sheet
Like farmers bent over their seed
Like bankers fold over the green

While a child writes the yet unseen
A child sees the yet undreamed
A student learns what has been deemed
By you what's right to know

Short Story Awards

Locke and Christy Worsley Awards





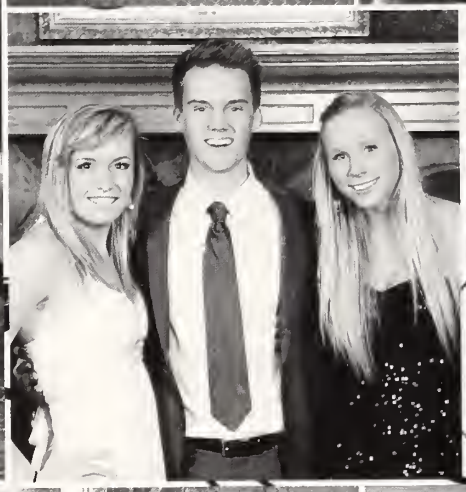
excerpt from "Cruel Game"
by Calum McCracken '13

Maxwell said his fleeting goodbyes to his close friends, and to his daily routines that now he realized, were preciously safe and familiar. Maxwell was processed like a package, inspected, stamped and mailed off. His long shaggy hair was shaved, his dignity and self righteousness were stripped from him and his old identity was replaced by a dog tag, a plain green uniform and a bottle of alcohol that Maxwell had managed to slip by the guard.

The sounds of the city were replaced by sounds of gunshots under the hot humid unbearable Vietnamese sun. Maxwell had been deposited, left in a war torn village he had just ransacked with his platoon. He felt like didn't belong to his own body, a ghost, a creature who had been broken down to an animal doing what it needed to survive. He didn't feel like he belonged to the gun that he was constantly shooting. He had become his father's man, not a civilized man, not a compassionate man, but a man who would kill and follow orders in the name of some kind of twisted virtue.

excerpt from "105"
by Doug Pearson '10

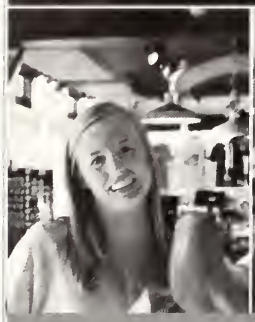
My first friend who will usually come to mind is Tom Jackson. Tom was a simple guy, a solid American boy from South Carolina who, like the rest of us wanted to kill some commies, go home and live his planned life. He was a six foot tall, strong farm boy with slightly wavy brown hair. I liked him mostly because he had a simple outlook on life, and our purpose as people. It was obvious that he hated the war just the same as the rest of us, except he considered it a hurdle. Tom thought of Vietnam as a step, just one part of his life, which in the end would just be a chapter of his great adventure. He reminded me of home, and his rich southern accent made me think of the American life, not because people had thick southern accents where I came from, but because the accent was a symbol of America, and its rich and wholesome lifestyle. Unlike most of us, Tom very rarely rambled about wanting to go home, and hating being involved with the war. Instead he would reminisce and tell stories about his life. Most of his stories were long and boring, with a stupid ending. But the simplicity of his stories made us think of home and the worry free lives we used to live, and hopefully would return to.



The days are getting shorter, the essays are getting longer, it's dark when we come to school in the morning and dark when we leave. We wake up each day, hoping for something to look forward to-something to pull us out of our mid-winter slump. Luckily, STS has just the thing ...

Winter FORMAL

Fashion, friends, and funny photographs. This year's annual Winter Formal brought together the Senior High for an evening of festivities at the Calgary Golf and Country Club. If you want to take a break from dancing, head back behind the fireplace - there, you'll find the official STS photobooth. Grab your friends and capture the moment! Be serious, be silly, show off your sneakers or strike your best pose! Here are some of this year's best pictures from the evening.



COLOUR OUTSIDE THE LINES

STS's most nationwide conference

Who Are the Pod Leaders?

Pod leaders were in charge of running the conference activities during the 4 days it lasted.

Bryce Albery '11
Emma Garforth-Bles '11
Kate Hanly '11
Chelsea Robertson '11
Shelby Sprung '11
Ian Whitestone '11
Elizabeth Lucas '10
Sara Niewenburg '10
Cynthia Ramasubbu '10
Ali Rehman '10
Emily Way '10
Leanne Young '10

LEADERSHIP

The ability to lead others to a desired goal. To be a role model. To take risks. To be empathetic.

*Under the supervision of Ms. Weber, four student directors (**Alexa Burgess '10, Mary Hansen '10, Tom Jacobs '10 and Anny Peplinski '10**) plan one of the largest student-run events STS has ever hosted.*

From April 14-18, STS and their families hosted 130 delegates from schools around the country to participate in a student leadership conference. The program was extremely busy, but very rewarding for everyone involved! The conference included several notable guest speakers, workshops on leadership, stewardship and problem solving and the opportunity to take part in service projects in the community. For example, a number of students spent a morning at the Okotoks Food Bank, assisting with the provision of food to people in the community.

Of course, there was also time for fun and friendship! Students spent time in Lake Louise and Banff and were treated to a closing dinner at the Sirocco Golf Course to end four days of hard work and months of preparation! This conference will leave a legacy at STS that we have been proud to be a part of! Thanks to everyone who helped to make it successful.

CAIS Leadership Conference

The four conference Directors, seated below, spent nearly an entire year making this week a success at STS. It was incredible to see how well everything came together. As a community, we are always proud to show off our school, and this was a fantastic opportunity for all of us!

Below: Pod leaders take a moment from their hectic schedules to pose for a photo together in Banff. What a beautiful day!

Above: Emma Garforth-Bles takes part in the activities. As a pod leader, it was her job to make everyone else as excited as she was!

Left: as in most things in life, teamwork is the name of the game at this conference!

SPARTAN EXCELLENCE

Victoria Romanow, '15, competes in a cross-country race on the STS campus. The school boasts several kilometers of challenging natural running trails that prepare students for success in cross-country running at the provincial and international levels.

You can feel it in the Sports Hall, when you're surrounded by divisional, zone and provincial championship banners. You can feel it at 7:00 in the morning, when the gyms fill with students, ready for another practice. You can feel it on a crisp fall day, when students take to the trails for a cross-country run. No matter how you feel it, it's impossible to ignore: the STS Spartans thrive in every sport they undertake.

Sports Teams & Athletics

Athletes

What was your favorite part of Ski Week?

55%	Spending time with my friends
22%	Skiing down from the lake on the last day (I loved the downhills!)
9%	Sleeping on the bus on the way home
9%	Skiing right on Lake Louise and seeing the ice castle
4%	Spending the night at the hut on the giant bunk beds

60 students surveyed

Grade Seven Ski Week 2010

Advice For Next Year

"Bring Kraft Dinner with you!"

"Make sure you are not in any fights with your friends, because you will need them the whole way"

"Always bring a flashlight. You will need it when you go to the outhouse!"

"Have a positive attitude."

"Don't lock your room key in your room!"

"Only pack what you absolutely need for the overnight trip!"

"Don't wear anything made out of cotton"

"Enjoy the climb up to EP hut, but trust me - it's 200% more fun skiing down!"

"Stay focused, socialize and most of all have a great time! Being with friends while skiing couldn't get any better!"

Grade Nine Backpacking 2009

"Be ready for snow, snow and more snow!" -wise grade 9 student

Each fall, Grade 9s head out to Big Elbow/Little Elbow to spend some time sleeping in tents, cooking their own food and learning how to survive (and thrive) in whatever mother nature can throw at them! One thing that every Grade 9 will now tell you - pack for the weather, because you could go to sleep on a beautiful evening and wake up covered in two feet of fresh powder! The scenery is gorgeous, the hiking is exhilerating and everyone learns new songs to sing to pass the time and have fun with friends.

near right: students pause for a break and a photo opportunity while on a fall backpacking trip.
far right: Zac Carson gets his beauty sleep before a busy day

1] Sleeping warm
OE 15 students huddle their sleeping bags close together for a warm sleep before beginning a day's work.

2] A gorgeous day for a ski
in this province, x-country skiing and telemarking make up a large portion of the course, due to the weather.

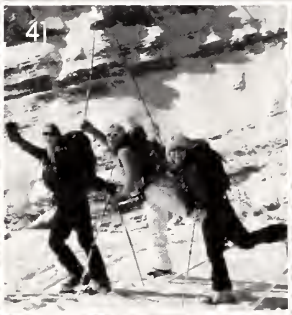
3] We can conquer anything!
These girls know that after completing a difficult hike, it's important to take time to celebrate!

4] Fun in the great outdoors
Three grade 10 students strike a pose while on a winter trip.

5] Sub-zero weather

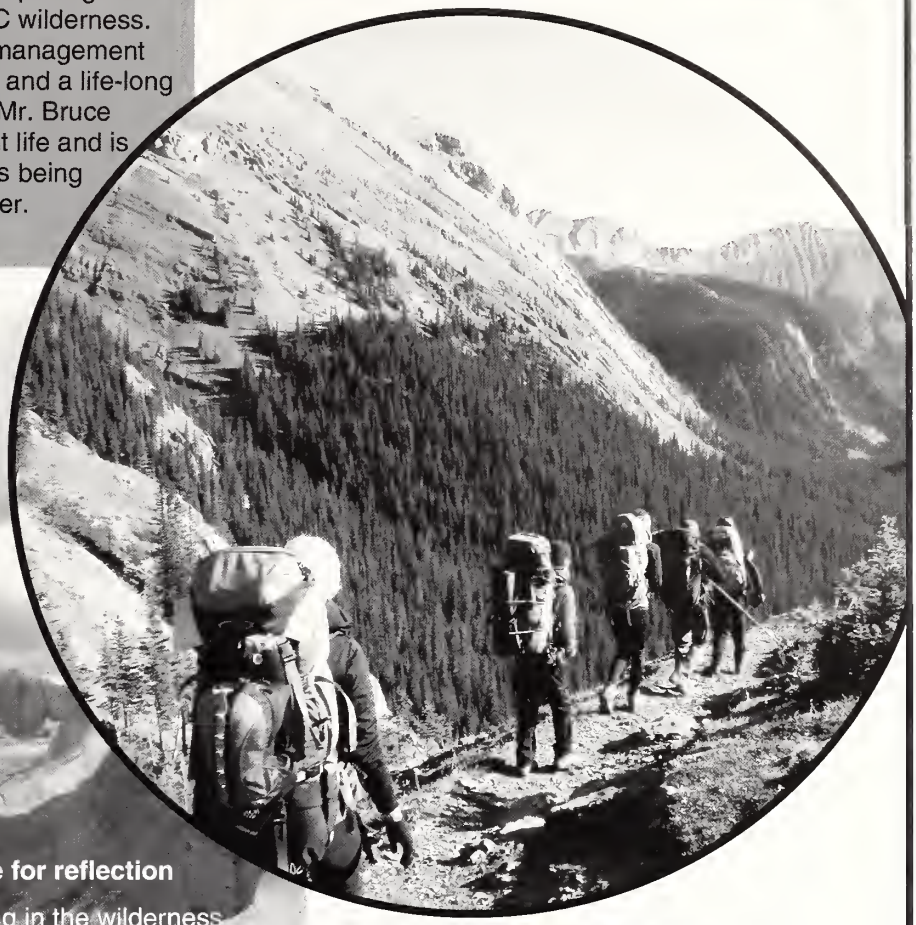
Temperatures aren't always friendly, but OE15 students learn how to dress properly for the weather, so that no matter what they conditions, they stay warm and dry!

6] Team-building activities
Taking time to connect as a team makes living in the wilderness together a whole lot easier!



outdoor

The Outdoor Education program is part of what makes STS a truly unique place to go to school. In OE15, Grade 10 students receive high schools credit while completing various weekend trips into the Alberta and BC wilderness. Students learn teamwork, self-care and risk management skills, and develop an appreciation for nature and a life-long love of outdoor activity. The program, led by Mr. Bruce Hendricks, is one of the pillars of STS student life and is fondly remembered by many STS students as being the most memorable part of their school career.



time for reflection

Being in the wilderness can be a humbling and exciting experience for students. Left, Mitchell Park takes time to reflect on his surroundings during Backpack 1. Right, students move through the mountains as a group, under the guidance of experienced STS trip leaders.

education

X-Country

STS Spartans Set the Pace in 2009

We had a very successful year in Junior cross-country running. A large team of 46 runners competed at the zone meet in Canmore after having raced in the STS School Meet and the Foothills Division Meet. The students were well prepared and were tenacious competitors. At the end of the day, we knew that we had done well in representing both our school. However, it wasn't until a few weeks later that we found out that we had won the banner as the top school in the meet. It was a great accomplishment! We had age-group pizza parties to celebrate! I think that we might have a repeat win in October if we continue to train both in school and in activities outside of school. Everyone on the team had a role in making this banner win a reality. There were obvious outward encouragements shared but actions are louder than words. The runners were most encouraging just by doing their best on the course.

The Senior High runners also had a very successful season in 2009! The team, led by Ms. Chow, Mr. Lederer and Mr. Milne-Ives had a very strong run at their Provincial Meet in Wetaskiwin, competing closely with our long-time rivals from Sundre, Alberta. In the end, the 15 runners who qualified for Provincials earned over 900 aggregate points (more points than STS has ever earned at this meet!) and as a team, took home the silver medal. Congratulations to all runners, and we look forward to another successful season this fall!

Whether we finish first, second, third, or tenth - we are all part of a team that runs together and supports each other! Thanks, coaches, for an outstanding season on the trails!

Junior B Boys Volleyball

Most Valuable Athlete:
Maclean Clark '14

Most Valuable Athlete:
Daniel Livergant '14

Top Row from left: Ms. Preston (coach), Wyatt Hansen, Neil Frank, Maclean Clark, Connor Vaandering, Avery Smed, Jacob Janisch
Bottom Row from left: Austin Distefano, Tom Abbott, Ryan Stumpf, Thomas Pearson, Dani Livergant, Cole Plater

Junior A Boys Volleyball

Most Improved Athlete:
Brett De Bie '13

Most Dedicated Athlete:
Tynan Stack '13

Top Row from left: Mr. Kores (coach), Taylor Chase, Tynan Stack, Justin Nadeau, Michael Sullivan, Stefan Dilger, Ms. Elston (assistant coach)
Bottom Row from left: James Alexander, Chase Van Sant, Brett de Bie, Ben Roskey

unior B Girls Volleyball

Most Inspirational Athlete:
Elizabeth Tamas '15

Most Valuable Athlete:
Kara Hawker '15

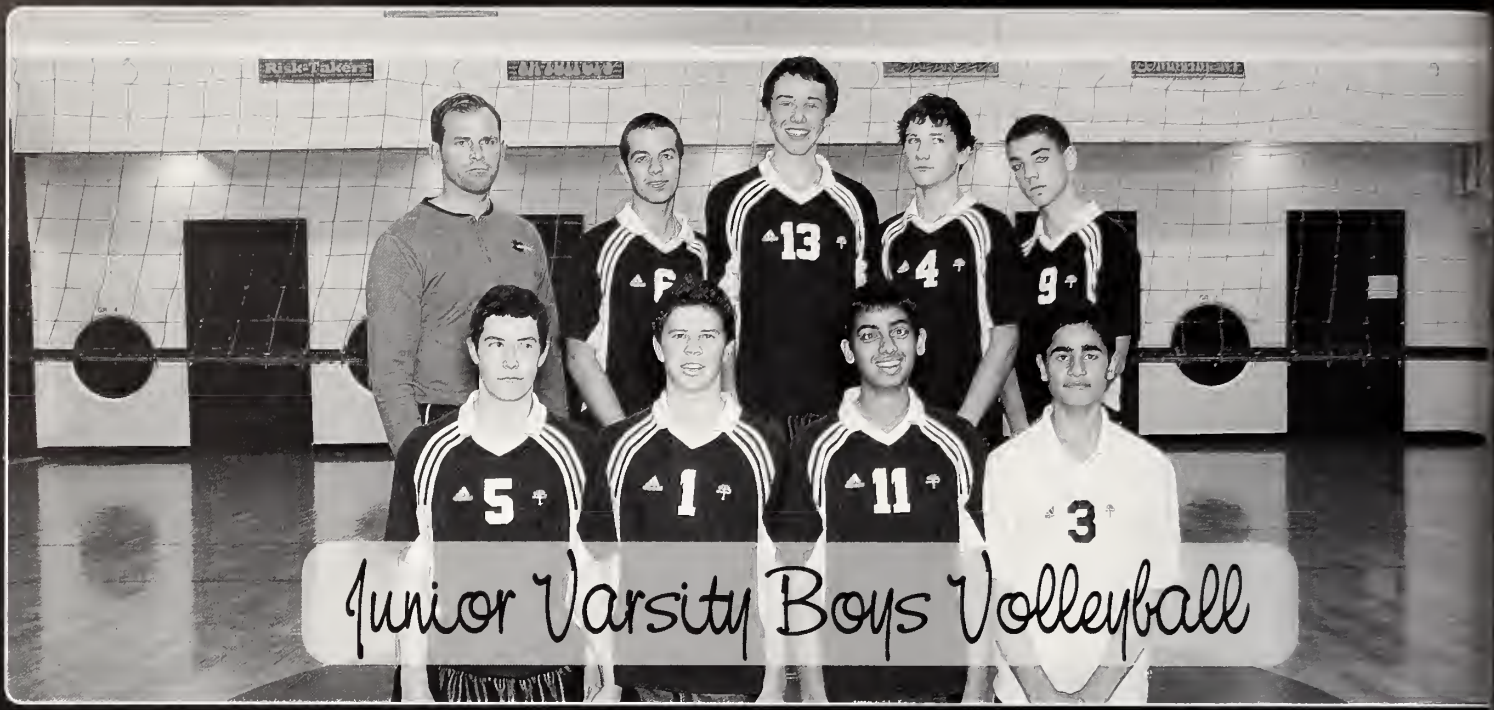
op Row from left: Alisha Whitehead (student coach), Carter Brown (student coach), Victoria omanow, Arissa Bachmann, Sawera Dhaliwal, Teaghan Stack, Zahra Rawji, Michelle Grant, s Prefontaine (coach)
ottom Row from left: Maris Schneider, Leigh McNeil-Taboika, Elizabeth Tamas, Kara awker, Leah Chiu, Madison Milne

unior A Girls Volleyball

Most Valuable Athlete:
Kate MacFarlane '13

Most Improved Athlete:
Arden Sommerville '15

op Row from left: Mr. Hoang (coach), Kate MacFarlane, Hanna Medwid, Ciara Hanly, ssica Cole, Arden Sommerville, Michaela Ostlund,
ottom Row from left: Georgia Young, Scoutt Palframan, Remy Brown, Brittany Currie, Sara ylor, Kenzie Walker
issing: Emily McNeill, Renae McArthur



Junior Varsity Boys Volleyball

DANIEL MULLIE

JORDAN HILDERMAN

ALI POONJA

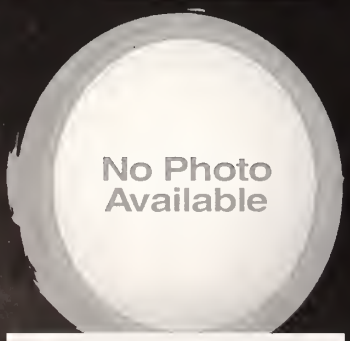
ARMAN BACHMAN

ERIC JORGENSEN

AJAY MAHAJAN

ERIC SOMMERVILLE

LUCAS KEMP

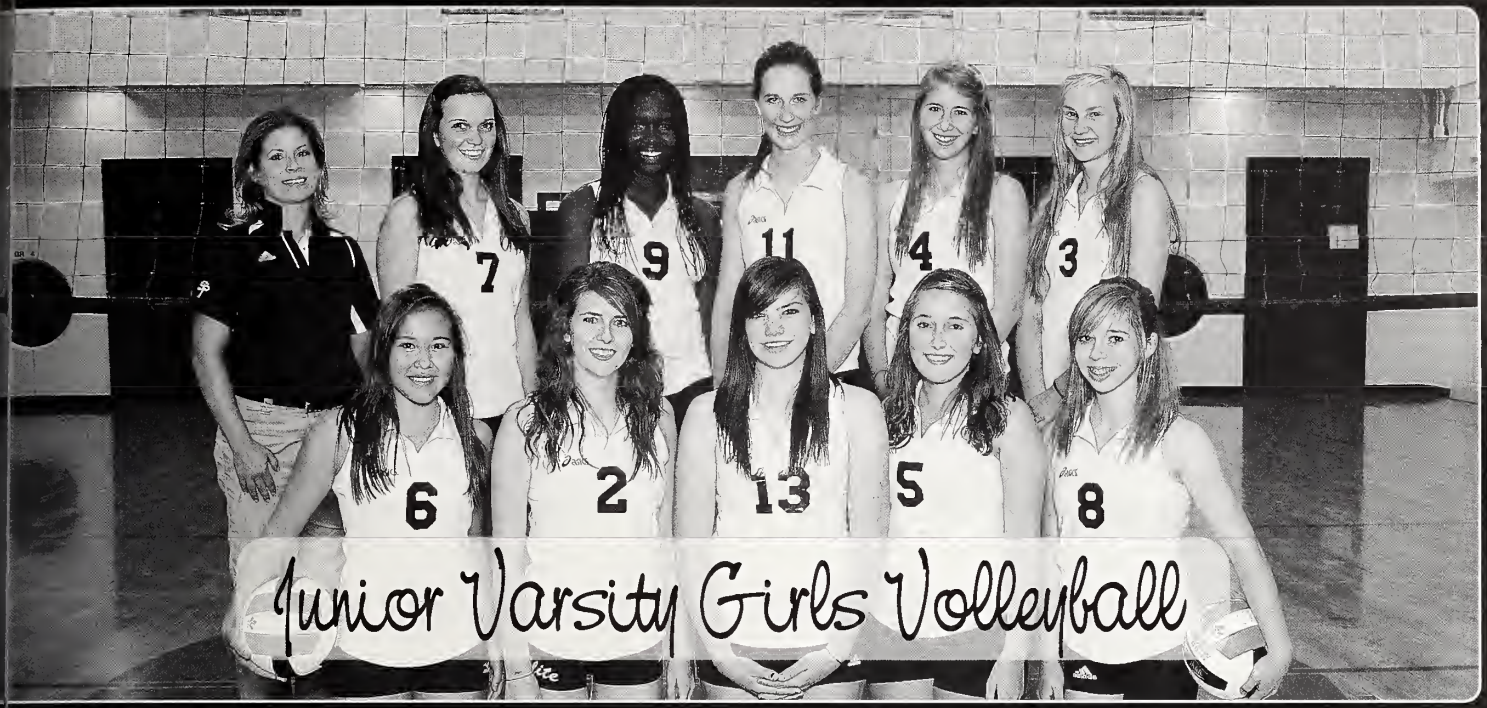


JEREMY BRITTAIN

WILL WHITEHEAD

CHAD PLESA-NADEN

League play this year was a battle of the top teams Strathcona and Foothills Comp. The boys finished first during the season which allowed us to host the finals. Unfortunately, the Comp edged us out to the chagrin of our cheering fans. This was a hardworking and fun-loving team - good luck next year, boys!



JENNIFEREVAMY-HILL

MICHELLEFRIC

GEORGIAFORBES

AMANDANADEAU

ANNEEKWERE

LEIGHFARRAN

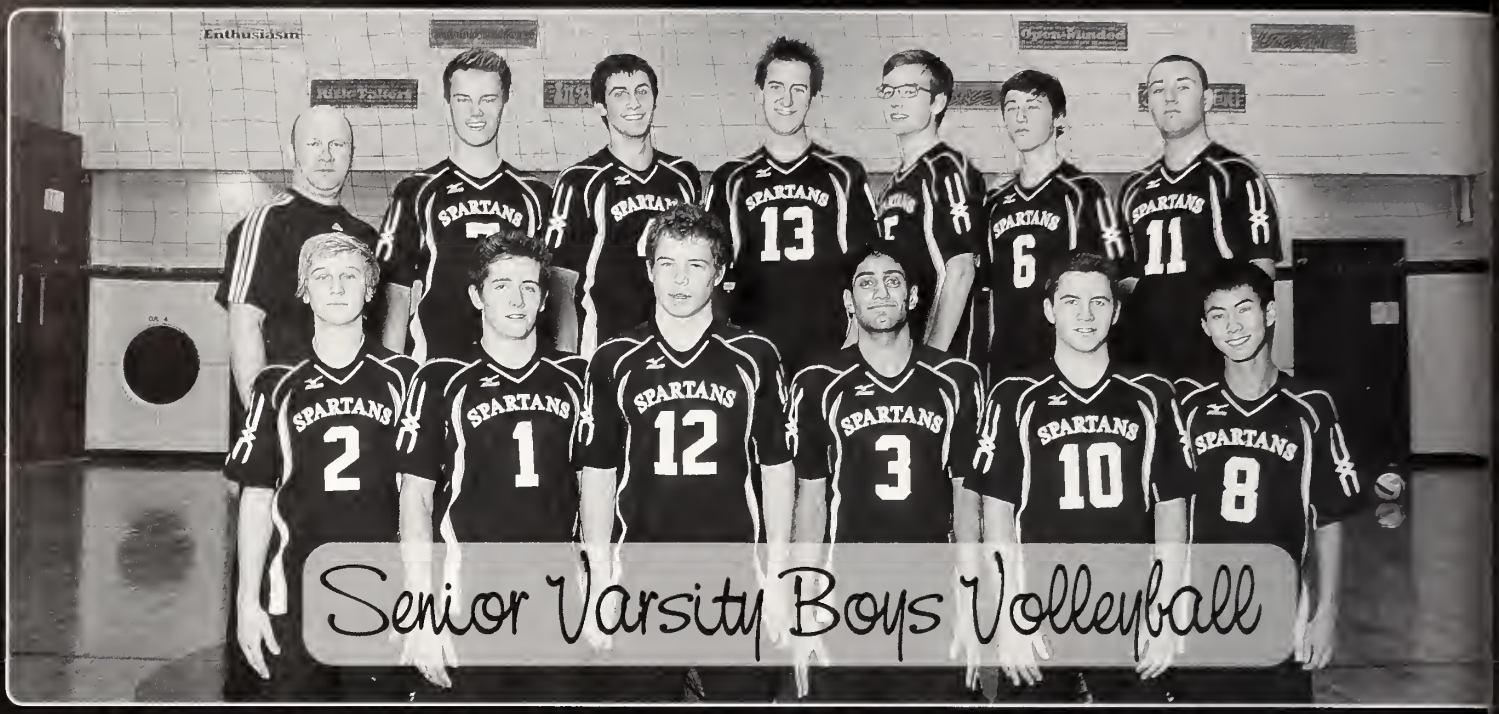
GRACEWALKER

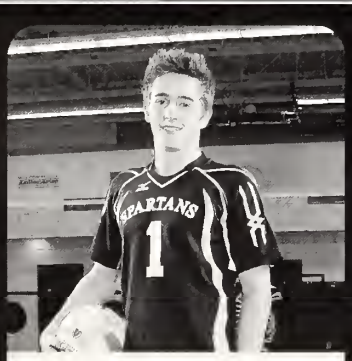
MADISONWOOD

VICTORIAKAMILA

ALEXWALKER

The JV Girls Volleyball team had a very successful 2009-2010 season! We started off the season winning our first tournament at David Thompson High School in Condor, AB. Although we had some injuries and illnesses to fight through before we could manage to have a full roster, we were tough competitors in our league finishing with a silver medal. However, our highlight of the season was going undefeated and defending our title at South Central Zones! The ten girls on the team were all hard workers and had a lot of fun at our tournaments and league games. Everyone was very supportive of each other and each player improved in their own way. We had an amazing team of girls who played some hard core volleyball and loved it!





JOHNSTORWICK

VICTORWU

CORBINSTANILOFF

OWENFERGUSON

THOMASJACOBS

BRYCEALBERY

SCOTTSOMMERVILLE

CONNORDISTEFANO

ALIREHMAN

ADAMLeDAIN

EVANSTAPLES

ZAMANSACHEDINA

Senior Varsity Girls Volleyball

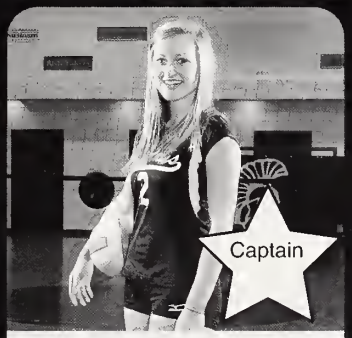
COURTNEYDAVIS

MEGANTHOMPSON

ANNIEABBOTT

ELIZABETHLUCAS

STEPHTHOMPSON



CHEYENNELAATSCH

JESSICANILES

MICHELLEMCKAY

Winners!

Determination, team work, and leadership, three words that recap a successful season for the Senior Varsity Girls Volleyball team at Strathcona Tweedsmuir School. Coming together after every point and reconnecting was key to keeping the momentum on the Spartan's side of the court. This incredible team won gold in Foothills League Championships, ranked first in the regional seating tournament, and were gold medal champions of South Central Zones. In the provincial championship finals they matched up again with Spirit River, a team with excellent defence and offense. The girls were close, but couldn't close the door in the third game, and brought home a silver medal. Congratulations girls on a hugely successful season!

Under 13 Boys Basketball

Most Improved Athlete:
Graham Season '15

Most Dedicated Athlete:
Cole Plater '15

Back row from left to right: Mr. Clark (coach), Tom Farran, Graham Seasons, Myles Chase, Michael Bruhjell, Wyatt Hansen, Mr. Hoff (coach)
Front row from left: Austin Distefano, Thomas Pearson, Scott Wilson, Ben Jackson, Matt Stashin, Eric Ritchie, Cole Plater

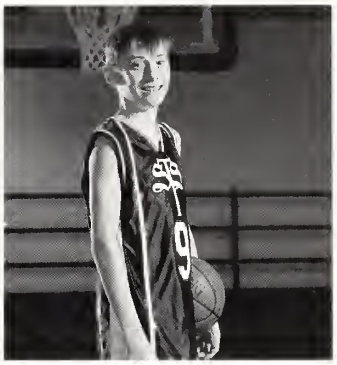
Under 13 Girls Basketball

The Playmaker Award:
Victoria Romanow '15

Back row from left to right: Kelsey Lussier, Emma Dunlop, Heather Wood, Zahra Rawji, Victoria Romanow, Kara Hawker, Teaghan Stack, Michelle Kirchman
Front row from left: Ms Rodney (coach), Brynn McLellan, Avery Brown, Emily Culmone, Elizabeth Tamas, Leigh McNeil-Taboika

Junior B Boys Basketball

From left: Ms Westers (coach), Maclean Clark, Ms Barnes-McDonald (coach), Zach Miller, Conner Vaandering
Missing: most of the team



Most Dedicated Athlete:
Zach Miller '14

Leadership Award:
Conner Vaandering '14

Junior B Girls Basketball

Back row from left to right: Ms Wellwood (coach), Sawera Dhaliwal, Claudia Belanger, Elspeth Yates, Mackenzie Mantler, Vanessa King
Front row from left to right: Kenzie Walker, Emily Evans, Leah Chiu, Scarlet Sprung, Michelle Soules, Gillian Ceyhan

Most Dedicated Athlete:
Kenzie Walker '14

Most Improved Athlete:
Michelle Soules '14

Junior A Girls Basketball

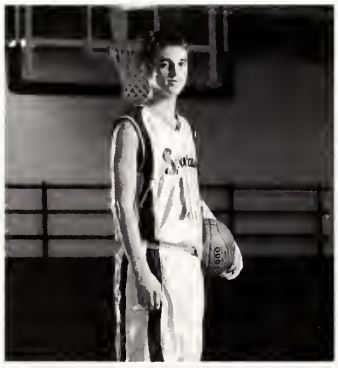
Most Valuable Athlete:
Kate Macfarlane '13

Most Improved Athlete:
Randi Thorbjornsen '13

Back row from left: Mr. Petersen (coach), Michelle Garden, Kate Macfarlane, Hanna Medwid, Katrina Purcell, Arden Sommerville
Front row from left: Charlotte McArdle, Scoutt Palframan, Eliza Manzer, Megan Senger, Randi Thorbjornsen, Georgia Young

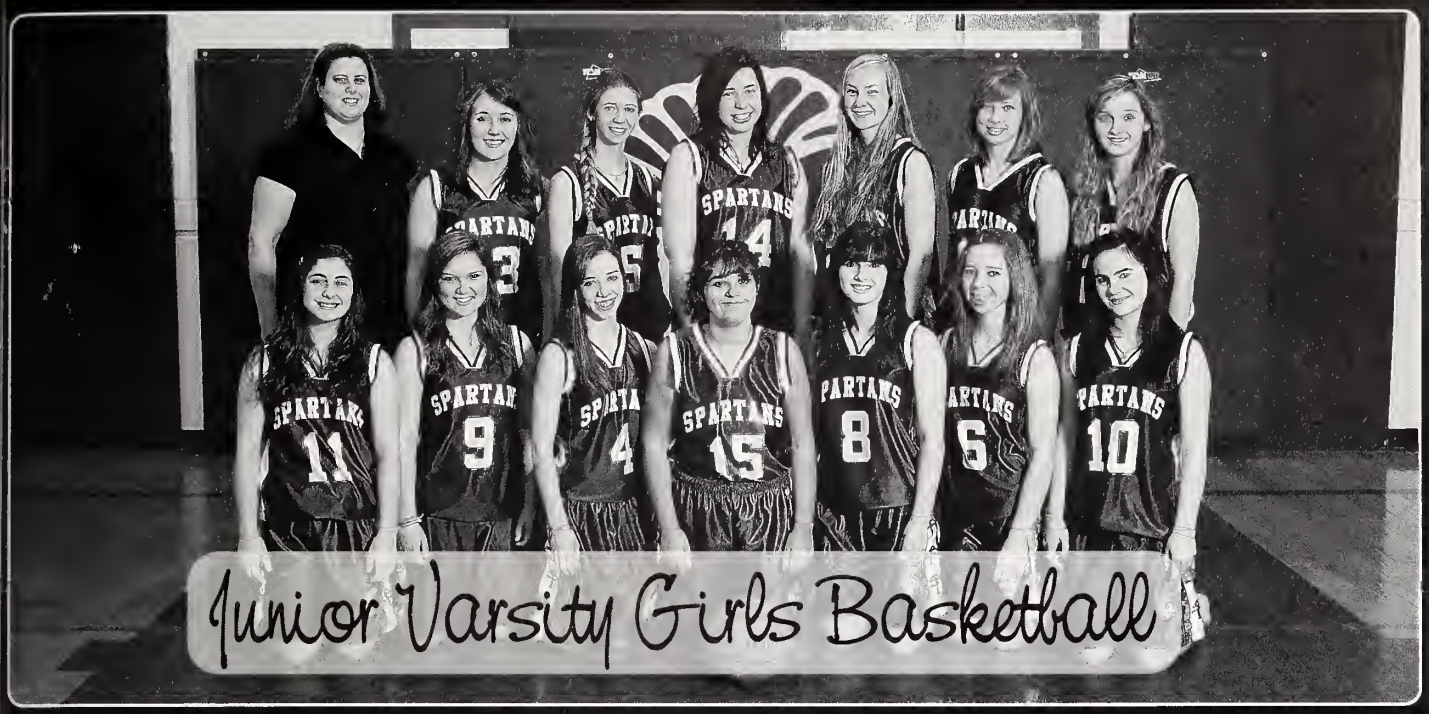
Junior A Boys Basketball

Most Improved Athlete:
Stefan Dilger '13

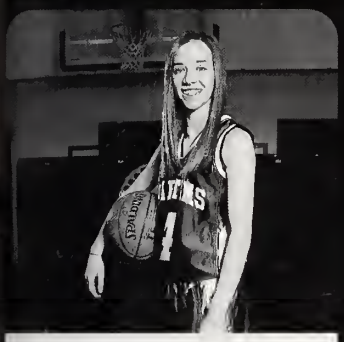


Most Dedicated Athlete:
Ben Roskey '13

Back row from left: Mr. Carlson (coach), Taylor Chase, Jordan Hutchings, Justin Nadeau, Tynan Stack, Stefan Dilger
Front row from left: Ben Roskey, Hayden Amundson, Mitchell Beacom, Brett de Bie, Bart Starich, James Alexander



Junior Varsity Girls Basketball



ALYSSABORDEN

ALEXWALKER

DIANADAKLALA

AMANDANADEAU

CAROLYNJEPSON

KEELEYSHAW-ANTONIO

GRACEWALKER

CHELSEAROBERTSON

MICHELLEMCKAY

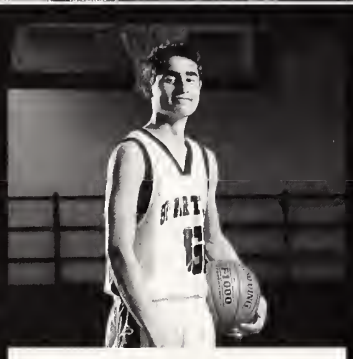
SYDNEYSTASHIN

KIRSTIELUSH

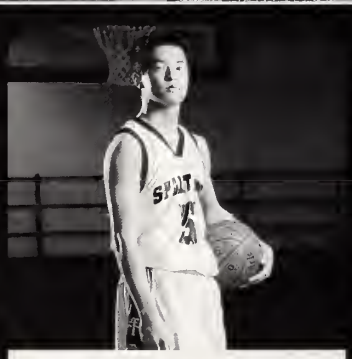
SHELBYSPRUNG

Junior Varsity Boys Basketball

WILLWHITEHEAD



AJAYMAHAJAN



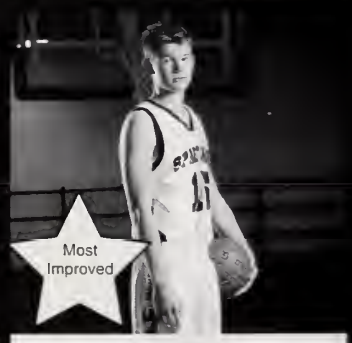
MITCHELLPARK

VINCEVANDERPOEL

MUYIWAABOLARIN

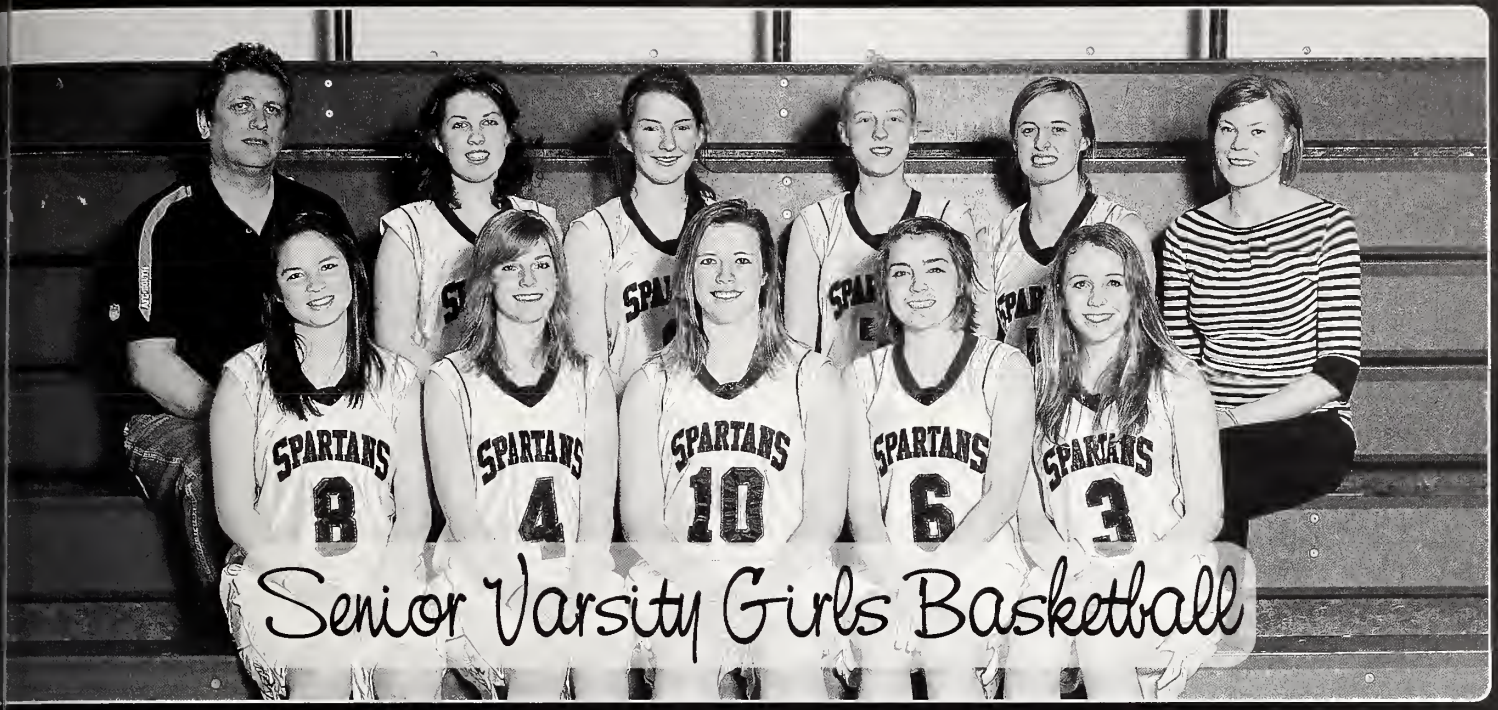
MICHAELCULMONE

JORDANHILDERMAN

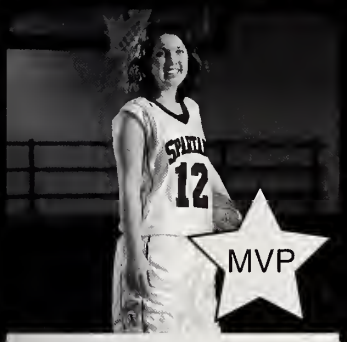


CHARLESROZSA

PHILVANDERPOEL



Senior Varsity Girls Basketball



EMILYWAY

ERIKAROMANOW

ALEXABURGESS

LEANNEYOUNG

KATHLEENMILANI

HEATHERPURVES

SYDNEYFLOWERDAY

OLIVIASTARICH

ANNYPEPLINSKI

The 2009-10 season for the Senior Varsity Women's basketball team was packed with league games and various tournaments around Central and Southern Alberta. Our league play was quite successful; we made it into the quarter finals, but unfortunately came up a few points short against Foothill Composite High School. Due to our success in tournament play we qualified for Zones held at Notre Dame Collegiate in High River. During Zones, we played two close games to make it to the finals! In the end we were unable to beat Hanna High School, but we did qualify for Provincials. We won our first game and played a fantastic second game. Our third game was against Prairie Christian, a team we had beat at Zones. The first half of the game was exciting and intense; however, unfortunately our team couldn't sustain the pace and lost the game. In the end we placed 7th at Provincials. The coaches would like to thank the athletes for all of their hard work, dedication and enthusiasm and the parents who supported the team and the coaches.

ZAMANSACHEDINA

ROBERTBELANGER

BRYCEALBERY

ALEXDUDELZAK

IANWHITESTONE

DANIELMULLIE

PARKERSHAW

ALIREHMAN

ADAMLeDAIN

JEREMYKONG

About the STS Triathalon

As part of their Physical Education course, all Grade 10 students participate in a triathalon, testing their endurance, skill and determination. Consider it our version of the famous Ironman race!

The STS race consists of the following:

Swim 750 meters
Run 5.8 km
Bike 8.5 km

This is about the distance from Okotoks to the school!

Results

FEMALE

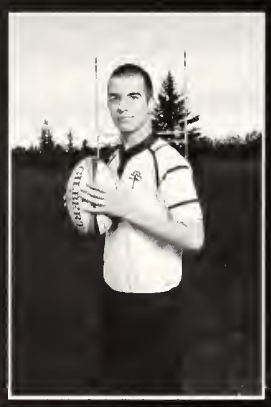
1. Lisa Grant 1:07:07
2. Ashleigh Corbiell 1:12:30
3. Katie Kirker 1:13:49
4. Georgia Forbes 1:15:08
5. Marie Catherine French 1:15:09

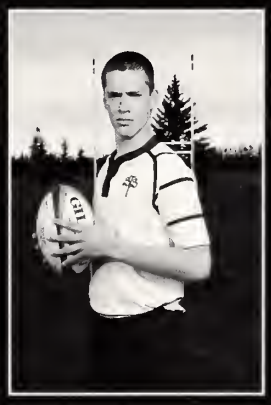
MALE

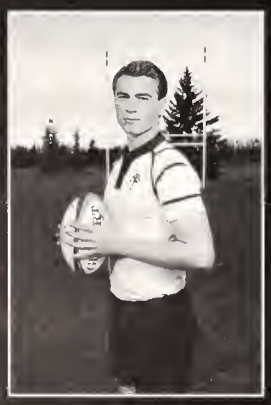
1. James Kirker 0:59:32
2. Charlie Borrell 1:01:59
3. Brendan Rose 1:07:06
4. Gursimran Dhaliwal 1:08:49
5. Peter Germaine 1:11:23

Grade 10 Triathalon: May 2010

Junior Varsity Rugby







Senior Varsity Rugby

Track & Field

STS Spartans Raise the Bar in 2010

The STS Junior High track and field meet was an outstanding success in 2010, allowing more than 70 students to compete for our school at the Foothills Divisional Meet in May. From here, many students placed 1st or 2nd in their event, sending them to zones! Congratulations as well to the track and field "Heart and Soul" award winners Tynan Stack '13 and Sydney Bullen '13, who led the team with their dedication and determination.

At the Senior High level, our track and field team represented STS very well at the divisional level. More than 30 of our high school athletes participated in the divisional meet, held in High River. Of those 30, 18 students qualified for zones (a much larger competition). After the zone meet, 3 students placed first or second in their event: Hannah Wood, Kirstie Lush and Olivia Starich qualified to represent STS at the provincial level! A very successful season for every athlete.

Left: Kirstie Lush, Hannah Wood and Olivia Starich qualified to represent the school at the Alberta Provincial Track and Field Meet.

Below: Maria Golubev '14 runs a long-distance race at the Foothills Divisional Meet in Okotoks, AB. She later went on to the Zone meet in Calgary.

Left: Olivia Starich '10 focuses on her shot put throw, an event requiring timing, strength and determination!

Left: Sydney Bullen '13 has springs! Although shorter than most of her competitors, she easily clears the bar for a second place finish at the Foothills Divisional Meet.

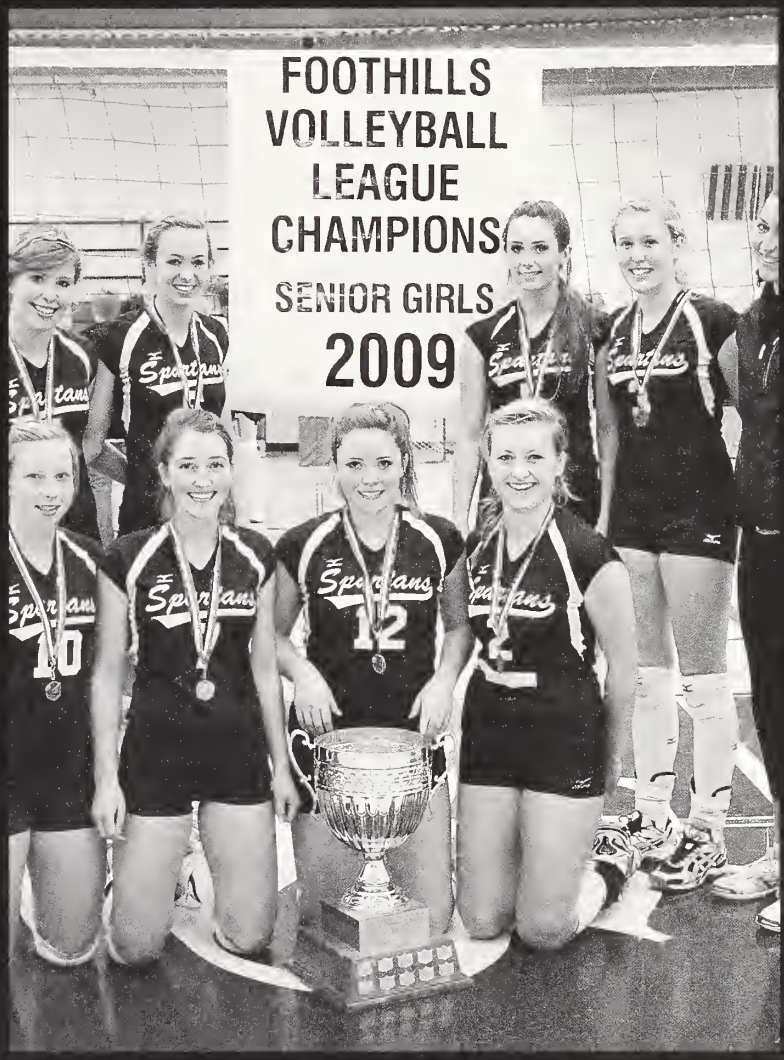
Top Row from left: Ms Prefontaine, Cynthia Ramasubbu, Mary Hansen, Amanda Nadeau, Anny Peplinski, Kate Hanly, Megan Evans, Hannah Wood, Elizabeth Lucas, Jennifer Evamy-Hill

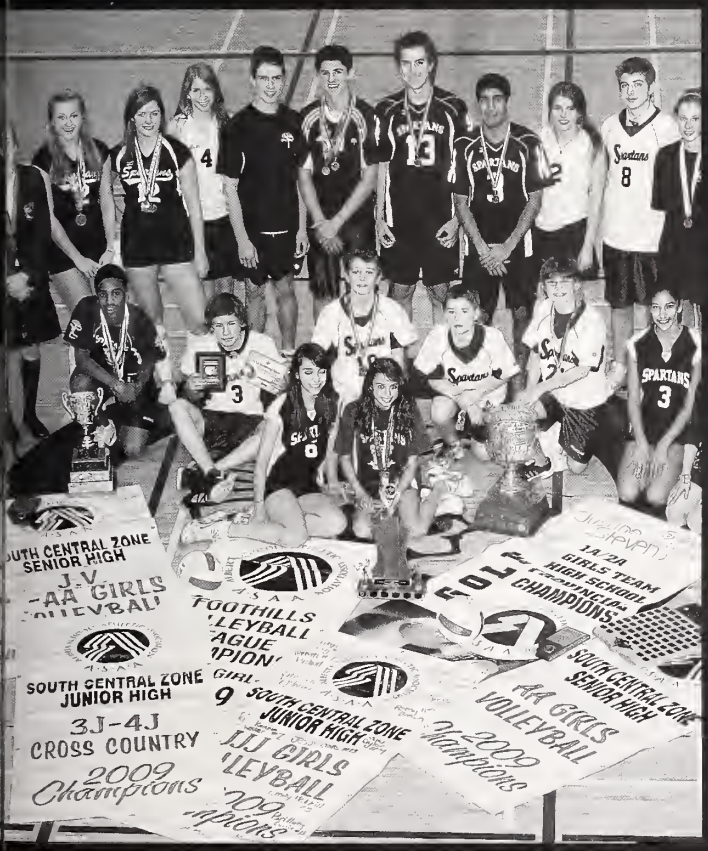
Bottom Row from left: Leanne Young, Jessica Girling, Sydney Flowerday, Brittany Ho, Kathleen Milani, Kelsey McNeill, Shelby Sprung, Chelsea Robertson
Missing: Co-MVP Justine Stevens

Senior High Field Hockey

Field Hockey season brings some unique challenges, like snow just prior to every tournament, a stee learning curve, and a demanding academic schedule. Despite these challenges our 2010 team had a fu and successful season in which a lot of learning took place. We participated in 3 tournaments: the juni and senior CLFHA tournaments and the U of C Dinos Invitational. With a strong, determined team th girls progressed from just learning the rules and basics of the game in our first tournament to near winning the second, losing 1-0 to a strong St.Mary's team in our 4th match of the day. Our team was le by 3 girls in particular, who shared the award of Most Valuable Athlete for their diverse talents ar leadership ability. Chelsea Robertson, a gifted goal scorer, led the way on the offensive end of the fie throughout our season. Emily Way led the team in the defensive end, helping to direct and teach our ne players during game play. Justine Stevens proved this season she could do it all, playing mostly midfie but also filling in on defense, goalie, and forward as needed. Overall, the season brought a lot of laugh and a great deal of enthusiasm about a sport new to a lot of the girls. I'm looking forward to continuing th learning and success next season!

Athletic Candids!





TIME FOR FUN, TOO

Grade 12 at STS is a busy and exciting year. With IB courses and exams, university applications and leadership opportunities, it's easy to forget that we need to make time for fun! Evan Ferguson '10 poses for a goofy photo during a Phys Ed 30 class, where students were practicing their rowing skills.

It has been a long-standing tradition at Strathcona-Tweedsmuir for the graduates to design their own pages in the yearbook. Each student has a change to create something that truly reflects their character, passions and memories, and helps to commemorate their time spent at the school. We hope you enjoy getting to know our graduates through their personal pages.

Grade 12 & Class of '10

Their Personal Pages

"the most thoroughly wasted of all days is on that which one has not laughed"

- chamfort

"i have learned how to live. how to be in the world, and of the world, and not just to stand aside and watch."

- audrey hepburn in *sabrina*

"dream as if you have forever. live as if you only have today."

- james dean

"i feel very adventurous. there are so many doors to be opened, and i' m not afraid to look behind them."

- elizabeth taylor

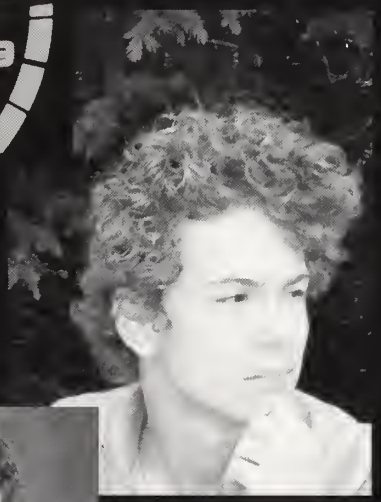
Ali Amundson

I've always found the best in life when you climb ==>
to higher heights. Enjoy the Journey.
But I stop and take a moment to breathe it all in.
Feel the Beauty this world has to offer.

"I'm Wise, but I can be foolish in the same breath."

Sit back, relax—enjoy everything this planet has to offer

Stage makeup can do wonders for your appearance



"Be all that you can be for YOU"

Drive fast and Rev Hard before the cops get after you—but only on a race track, of course.

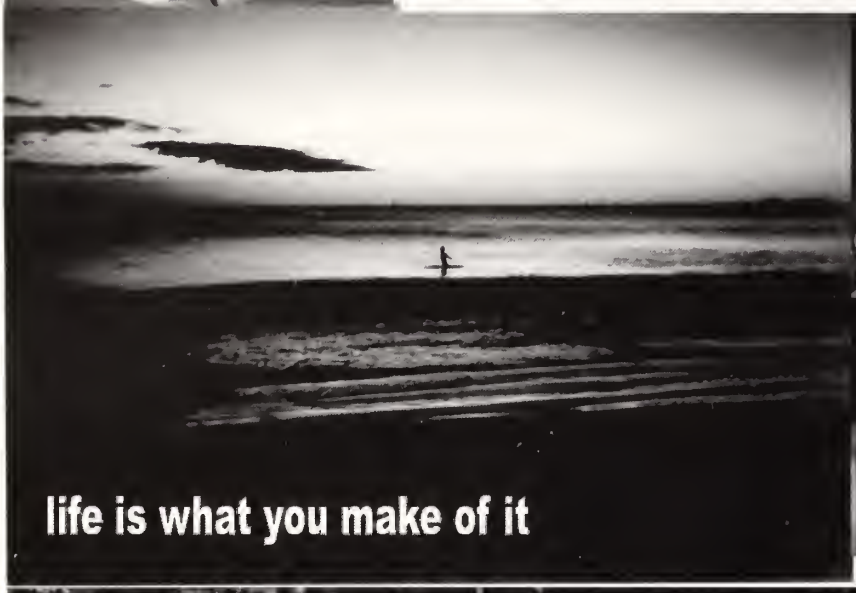
Be Silly

Take care of your family

Take a moment and ponder life before you get too senile.

Life is an endless slog, so when you get a break from the regular, be sure to exploit the time with well had fun

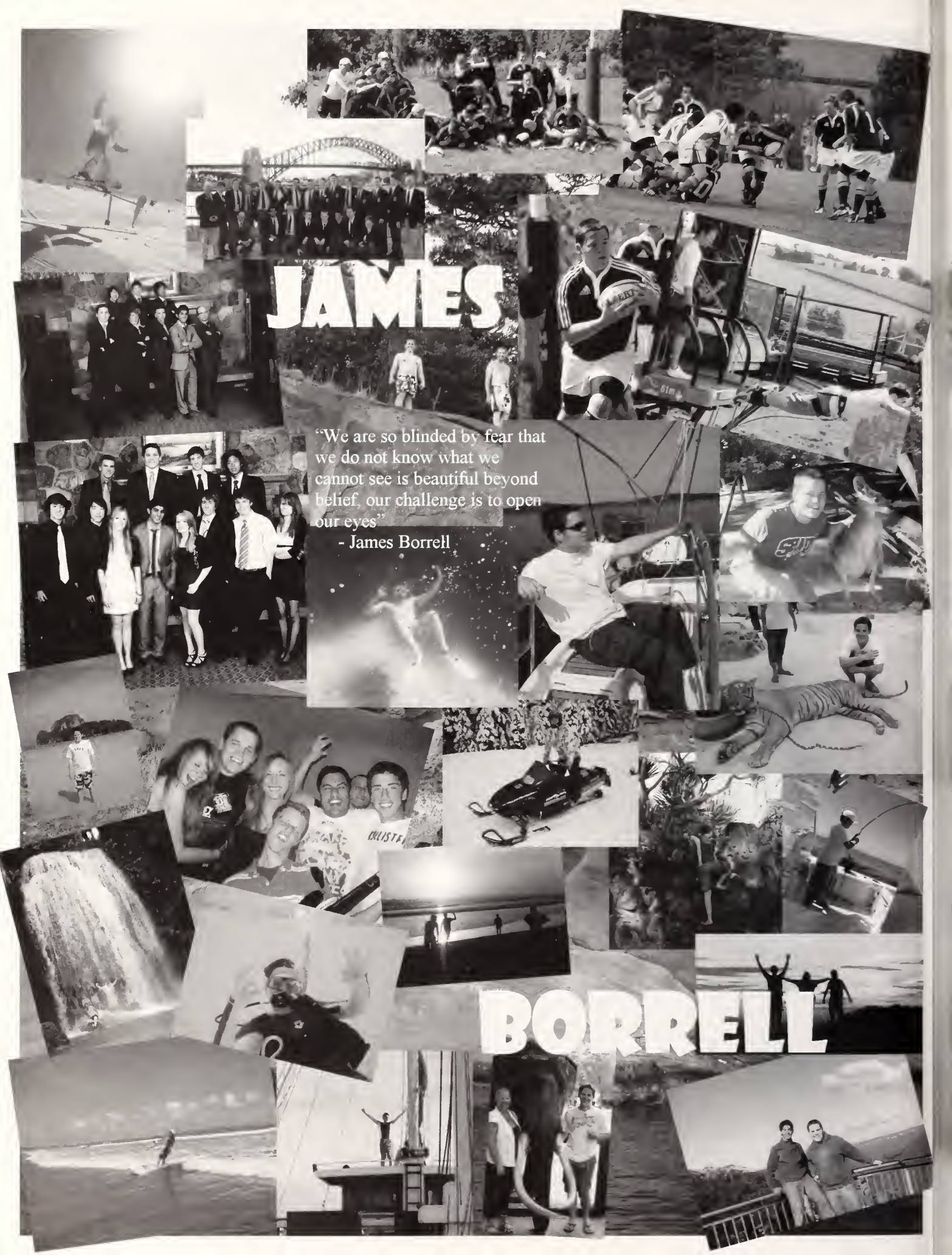
Easton Presley Bartman



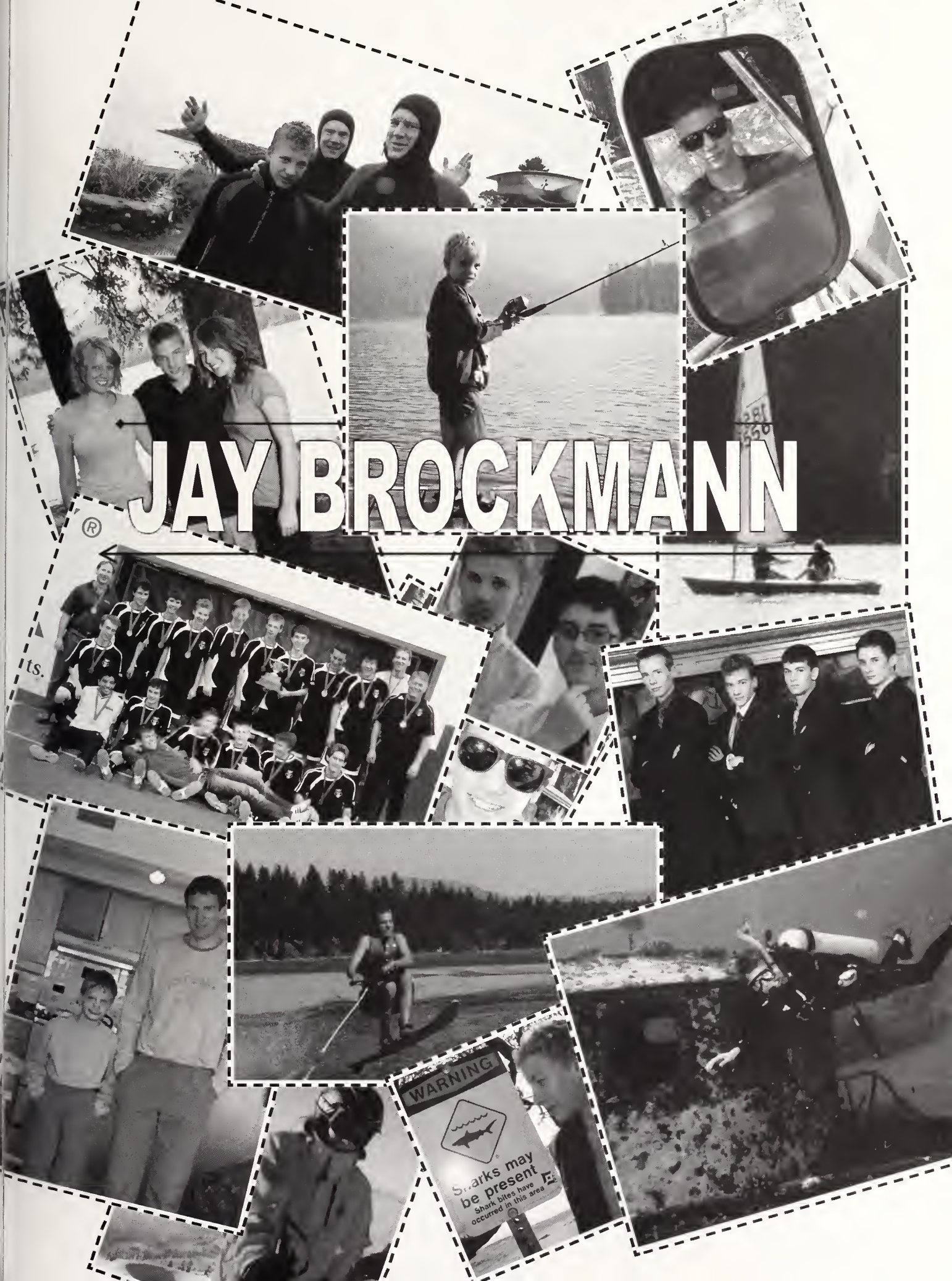
"Emancipate yourself from mental slavery,
none but ourselves can free our minds."
- Bob Marley

Learn as if you were going to live forever.
Live as if you were going to die tomorrow.
-- Mahatma Gandhi

I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious. Vince Lombardi

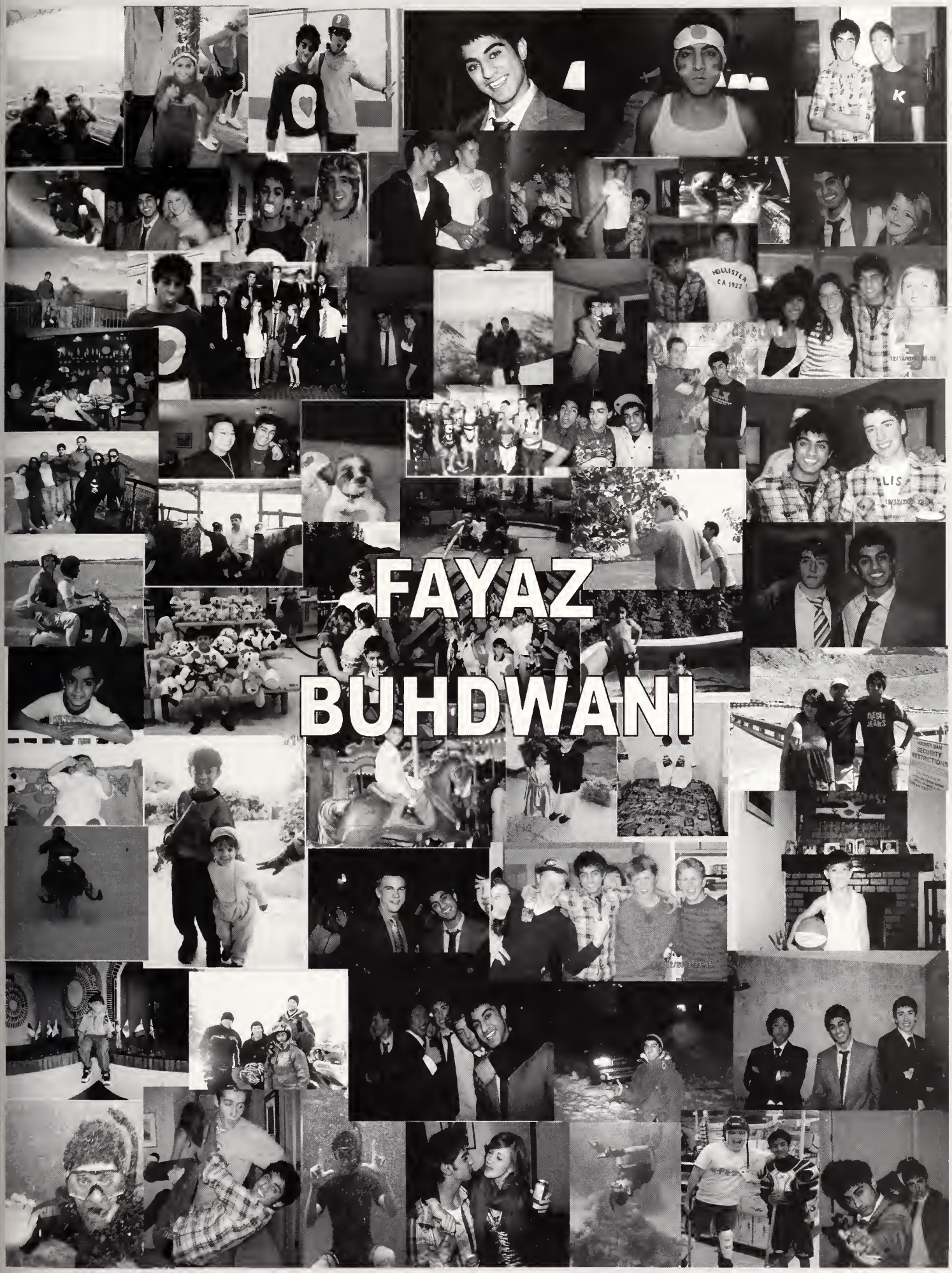

JAMES
"We are so blinded by fear that we do not know what we cannot see is beautiful beyond belief, our challenge is to open our eyes"
- James Borrell
BORRELL

JAY BROCKMANN

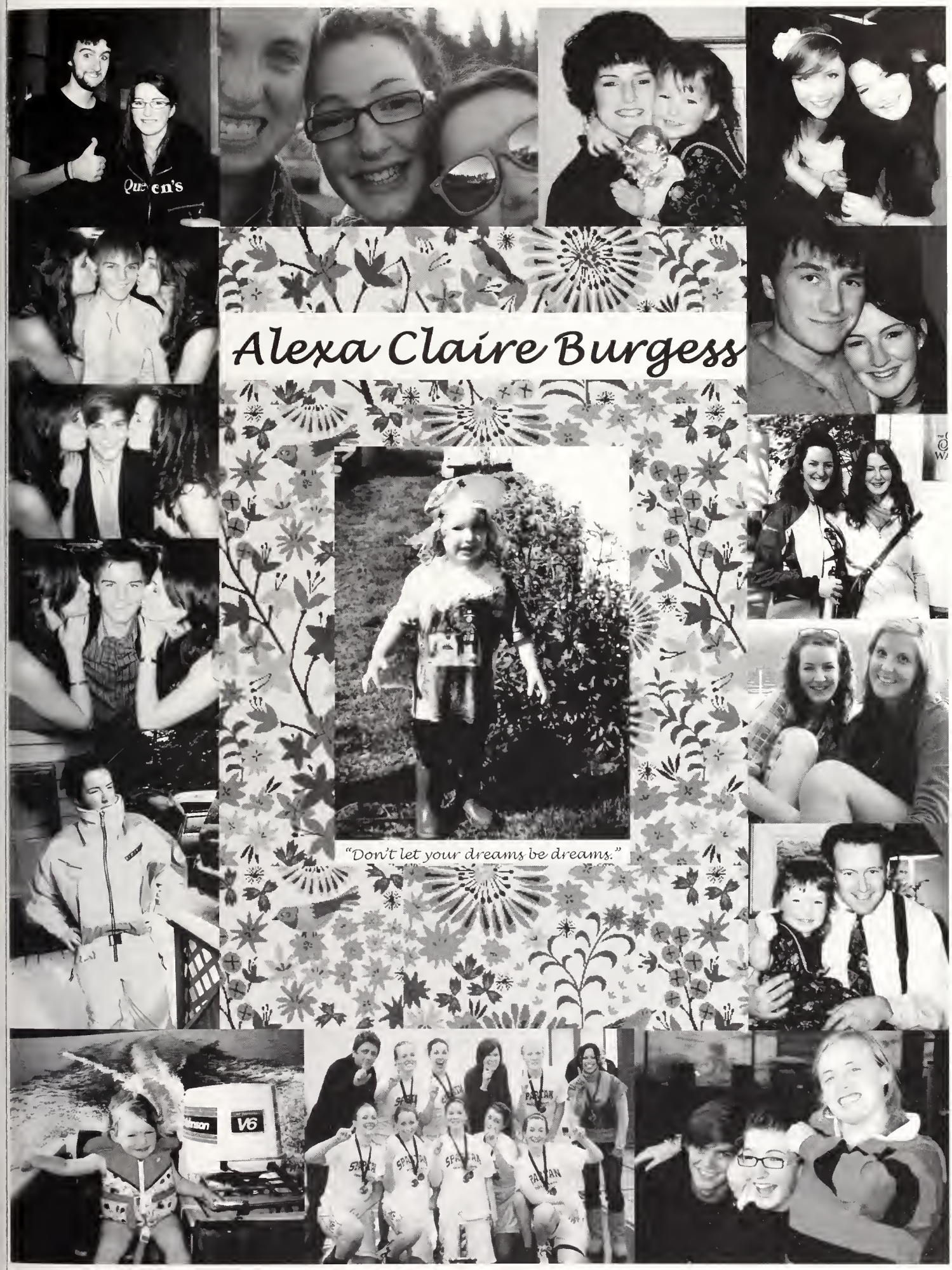


faith,
trust
and
pixie dust

Carter


FAYAZ
BUHDWANI

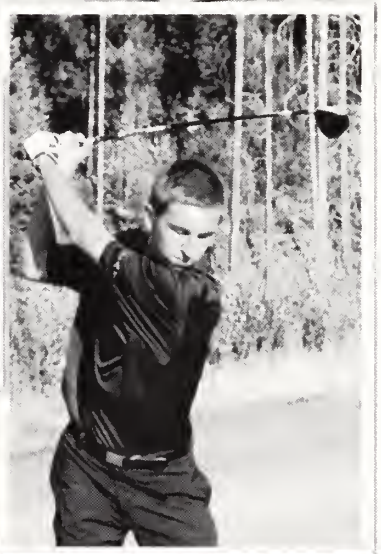
Morgan Bullen


Alexa Claire Burgess
"Don't let your dreams be dreams."

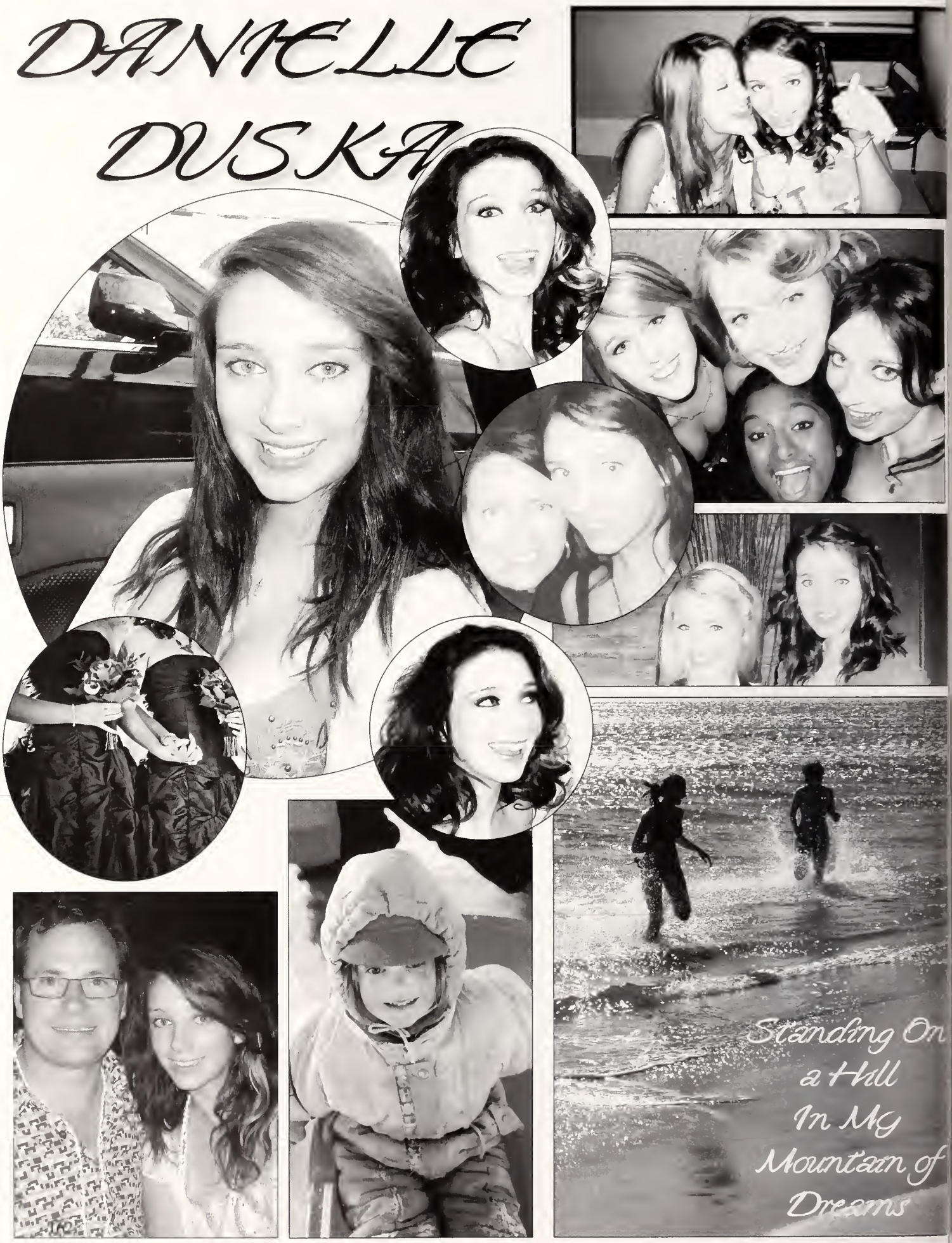
Dillon
de Bie
Don't let dreams
dreams
Jack Johnson
NEW YORK

ALEX DUDELZAK

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed- Michael Jordan



DANIELLE DUSKA

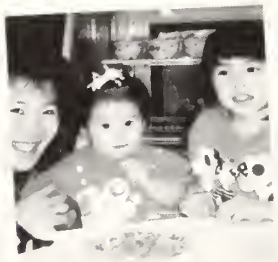


Geoffrey C. Evamy Hill

"It's not where you take things from- it's where you take them to."

— Jean-Luc Godard

Cloé Fan


AS

I

grow

to

understand

LIFE

LESS

AND

less,

i

Learn

to

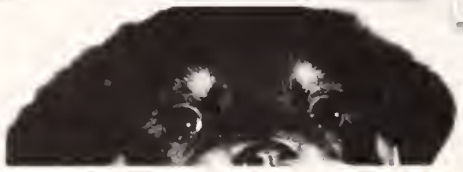
LOVE

it

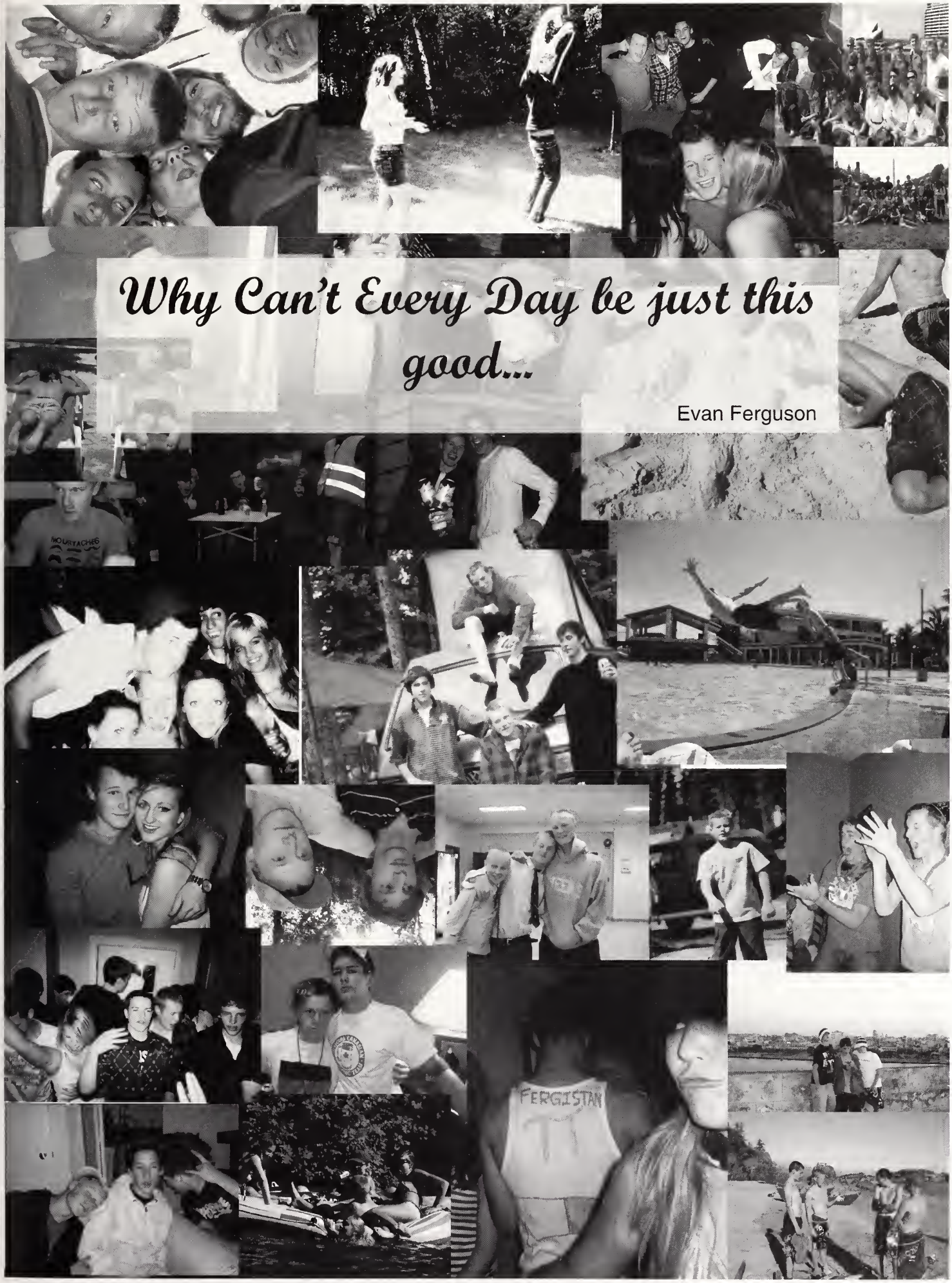
more

AND

MORE!

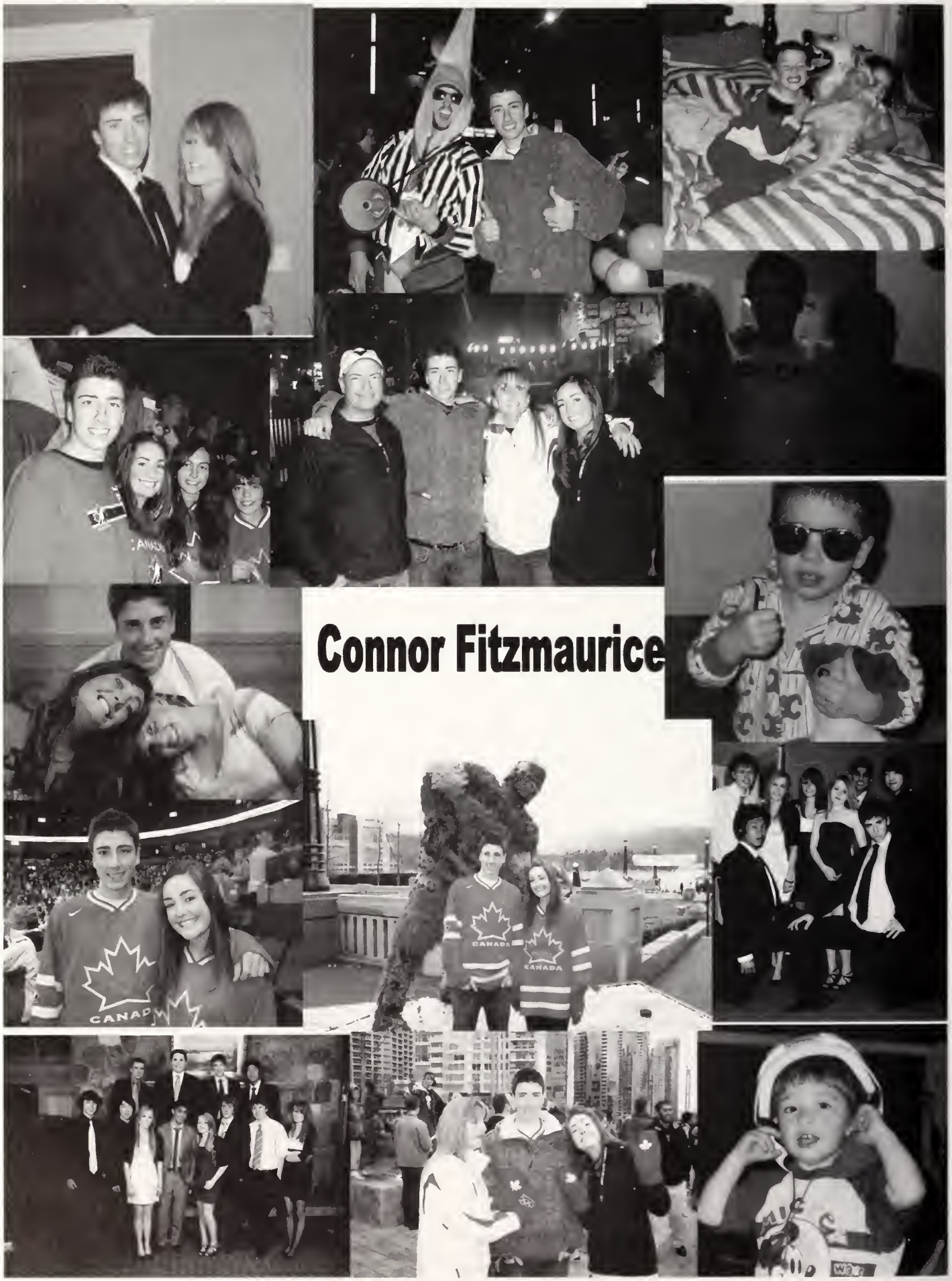


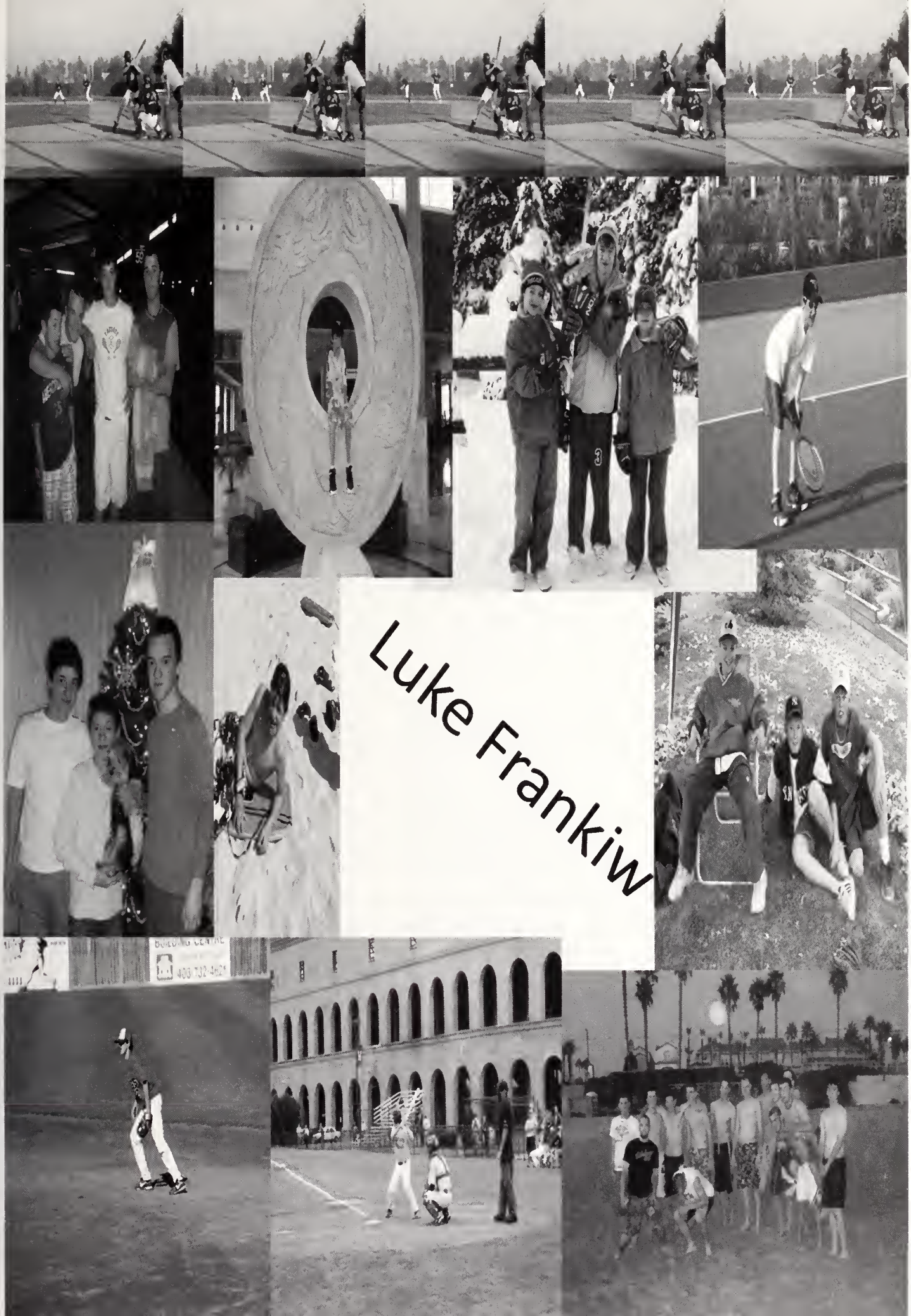
–Jules Renard



Why Can't Every Day be just this good...

Evan Ferguson


Connor Fitzmaurice

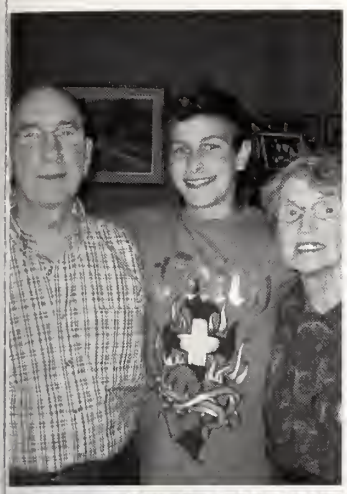

Luke Frankiw

The Whole of the Future lies in uncertainty...
LIVE IMMEDIATELY!

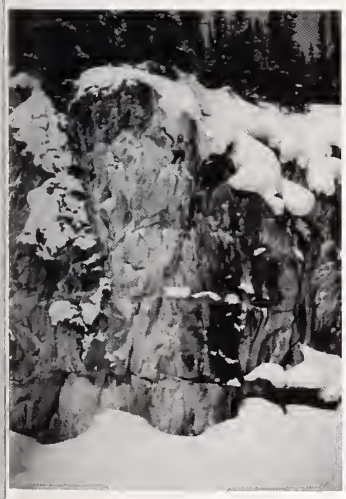
Carmen Germaine

'Tis not too late to seek a
newer world.

☆☆☆☆☆☆☆

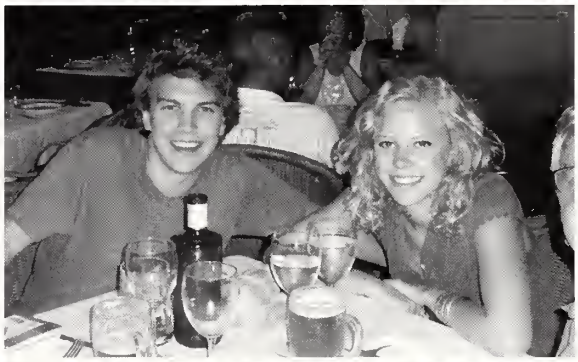


REED GILLANDERS



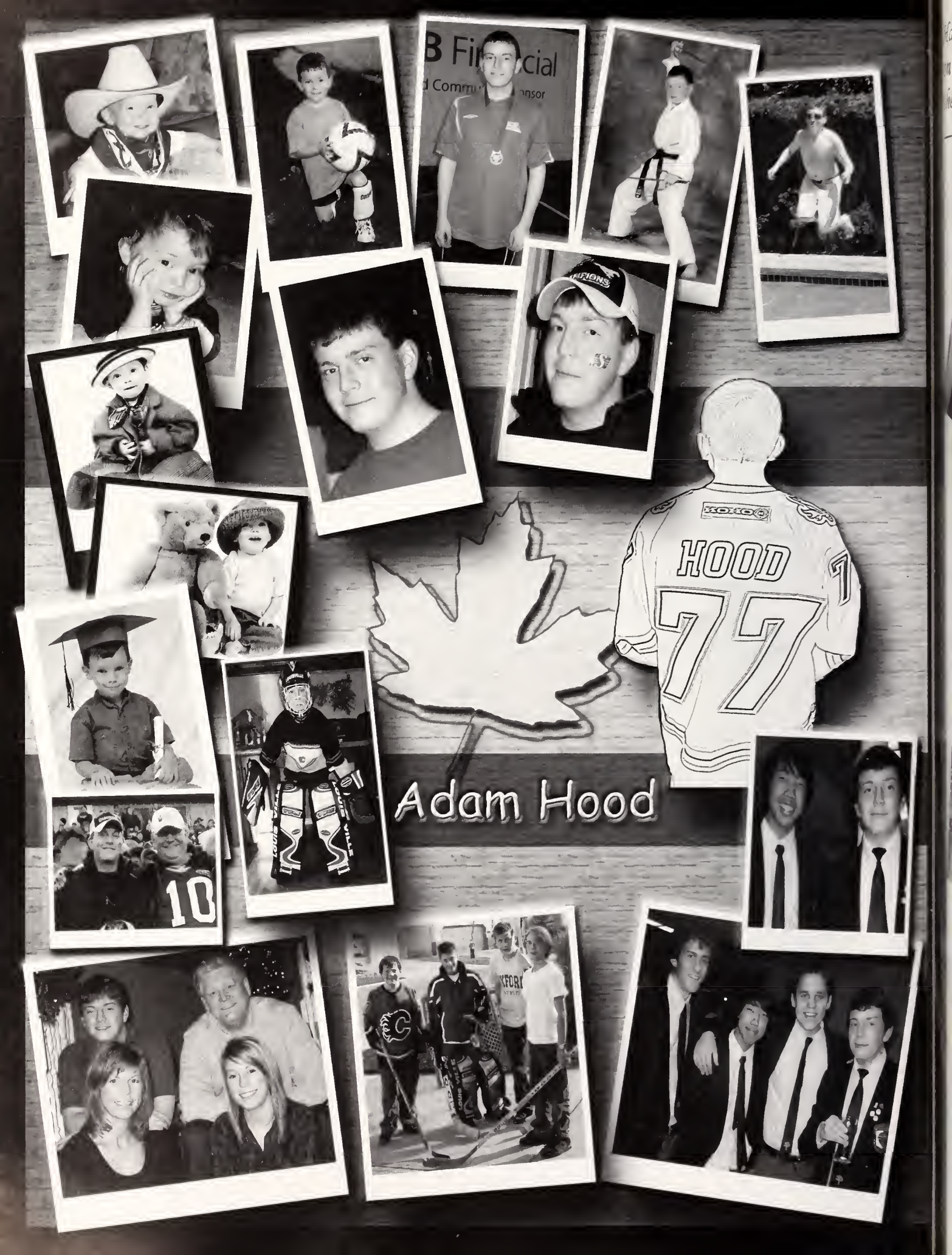
Clara Guarienti

Mary Hansen



Oje Hart

Laura Jean

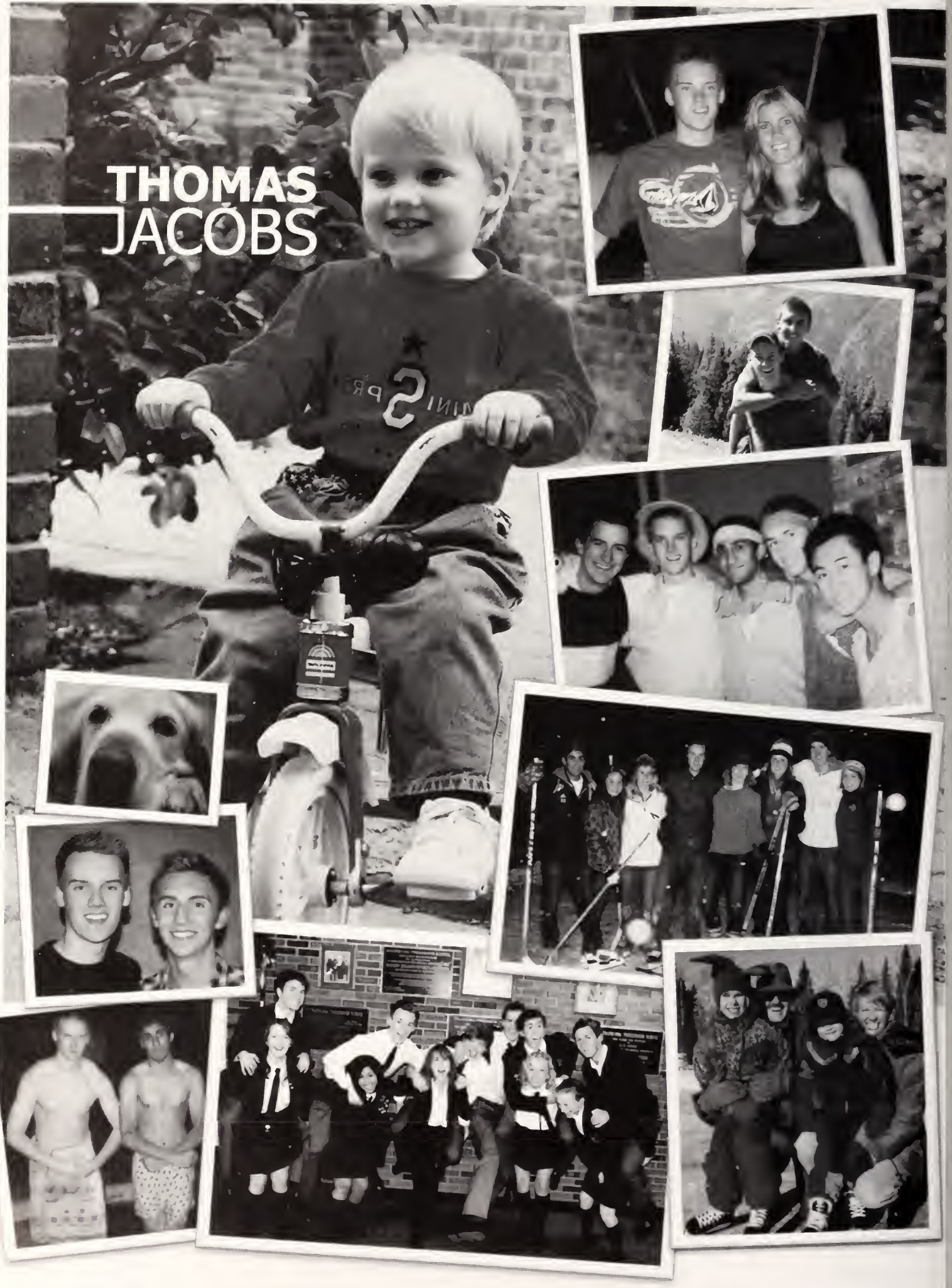

HOOD
77
Adam Hood

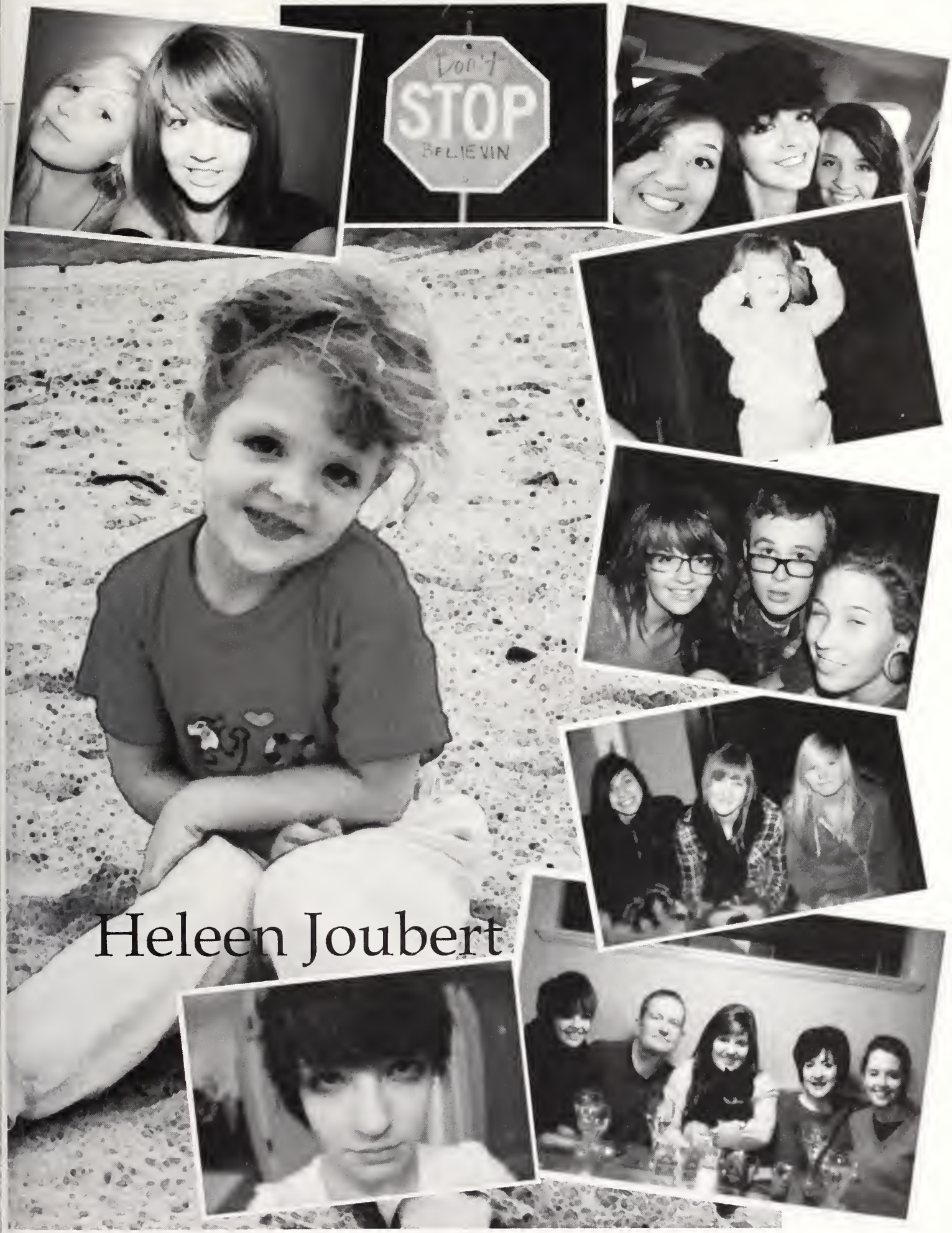
Happiness does not depend on outward things, but on the way we see them.
— Leo Tolstoy

Adam Ibrahim

Anyone who has never made a mistake has never tried anything new.
— Albert Einstein

THOMAS JACOBS



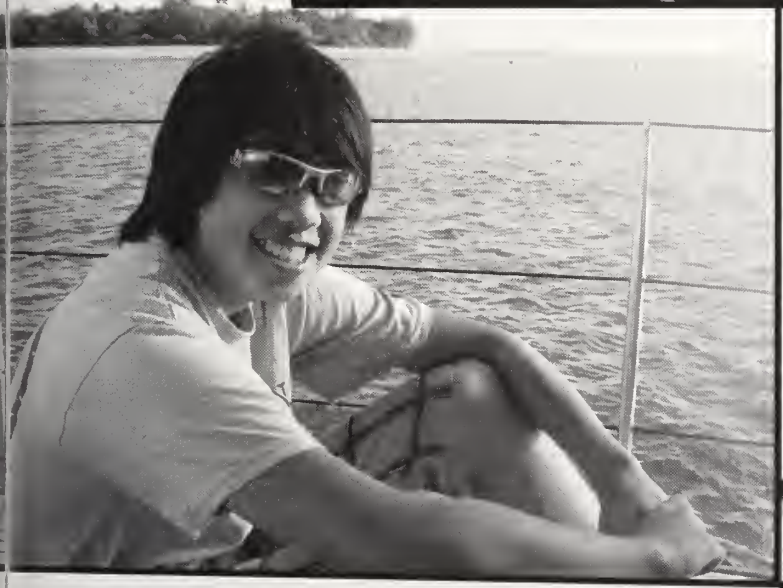


Heleen Joubert

Good Times!

This Year!

Elizabeth Kay

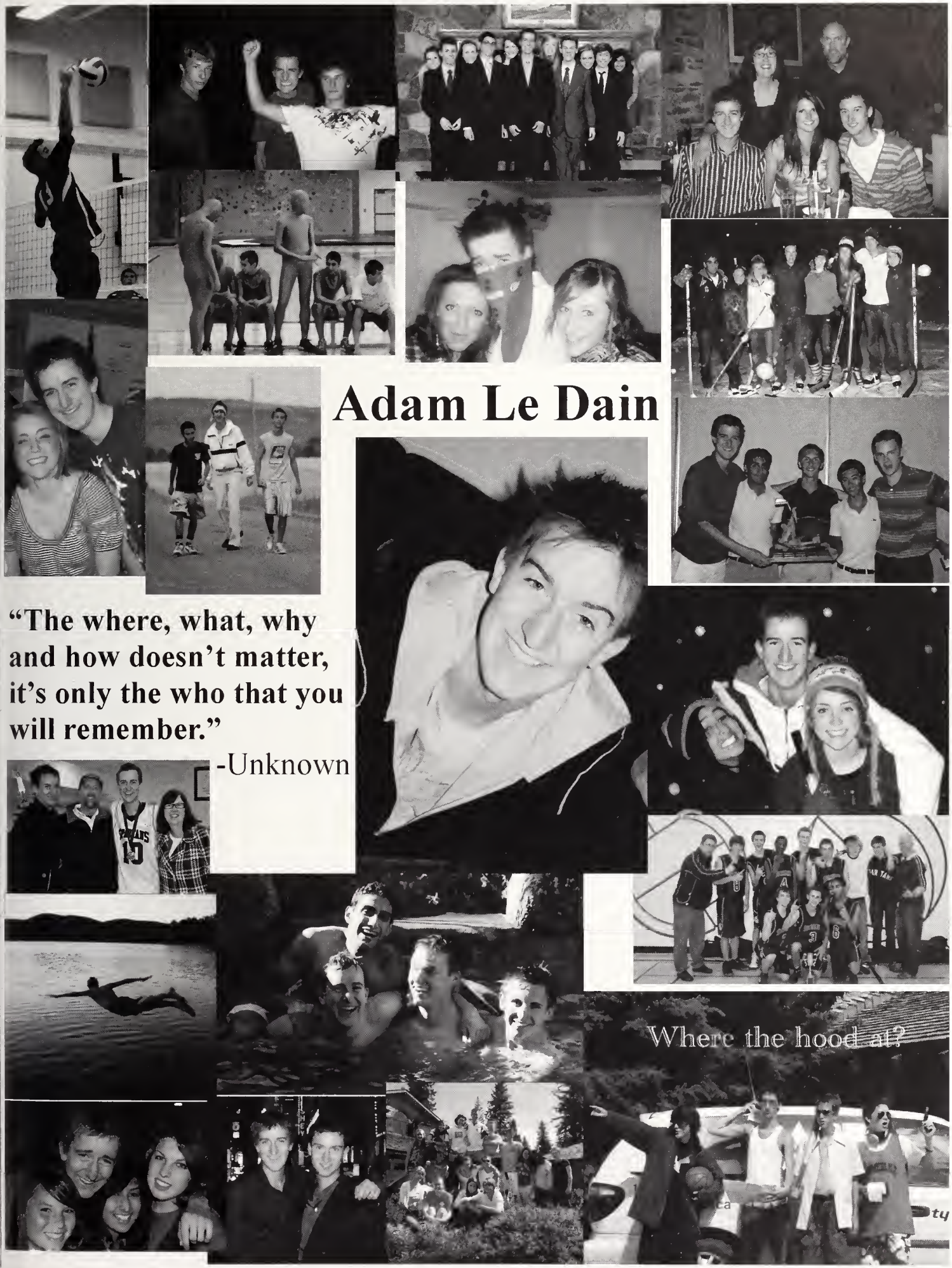


JEREMY KONG

Kate K
You gotta make your own kind of music,
Sing your own special song,
Make your own kind of music,
Even if nobody else sings along.
-Mama Cass
Churchill River

CHEYENNE LATSCH
Act crazy first because you can always act normal after.
It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure"
"There's nothing to be afraid of... it's just life."
"It's time to trust my instincts close my eyes and leap..."
STS
1998-
2010
Jenna Lakhani



Adam Le Dain

"The where, what, why and how doesn't matter, it's only the who that you will remember."

-Unknown

If you love the life you live

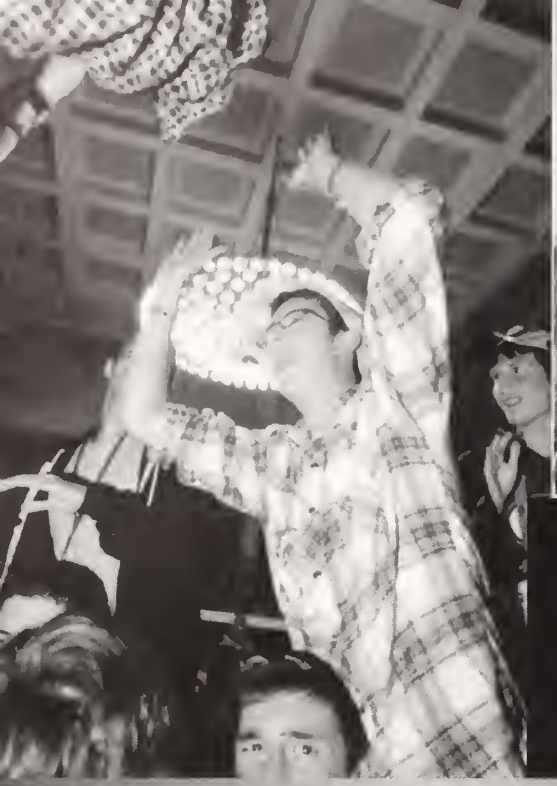
Then you'll get a lot more done
Be more inclined to take the reins
Than turn away and run..

It's very rare it seems to get a lifetime guarantee,
So I suppose self satisfaction be the key –
Paolo Nutini

ELIZABETH LUCAS

I am half Chinese and half Irish.
What else were you expecting?

Paddy Ma



JORDAN MAGIDSON

Olivia Manzer

Elizabeth
Marilee

Viktoria Louise McNeil– Taboika

and all the stars crashing round, as I laid eyes on what I'd found. colin meloy

tell me anything you want, any old lie will do. pecknold

bet the hand that you're money is on. ac newman

how come I always end up where I started? thom yorke

ke kittens, I was giving them away. bro

kathleen milan

opinions were

with you is the only honest way to go. koenig

higher than high, lower than deep. haines

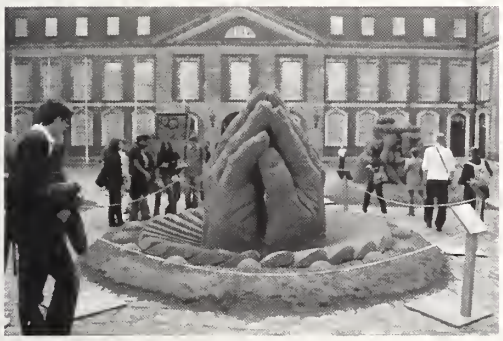
Don't cry because it's over. Smile because it happened.
- Dr Seuss
Erin Moch
HOLLISTER
UZY

Patricia
Moscibrodzki
Dream big...
WILD EAST

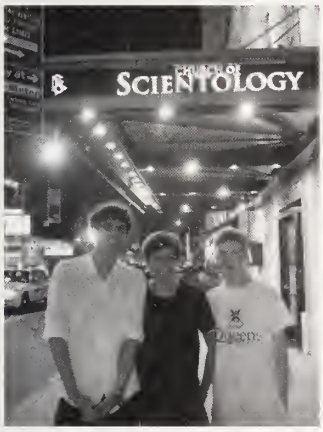
Layne Newhouse

Hakuna Matata
SARA NIEUWENBURG
"It does not do to dwell on dreams and forget to live."
- Albus Dumbledore
"A day without laughter is a day wasted"

Marshall Palmer



Accept the challenges so you may feel the exhilaration of victory
- Patton



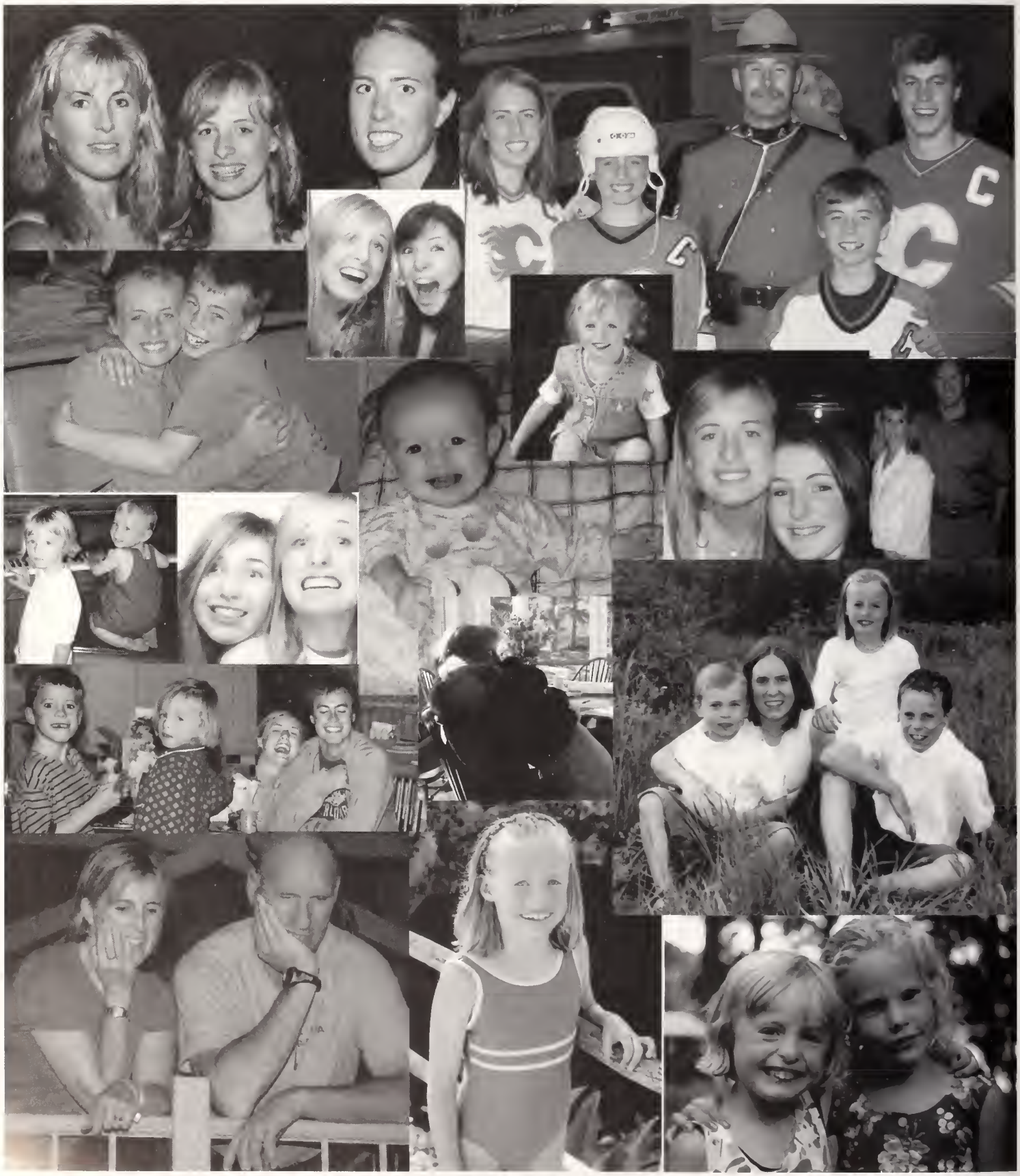
True terror is to wake up one morning and discover your high school class is running the country
- Vonnegut

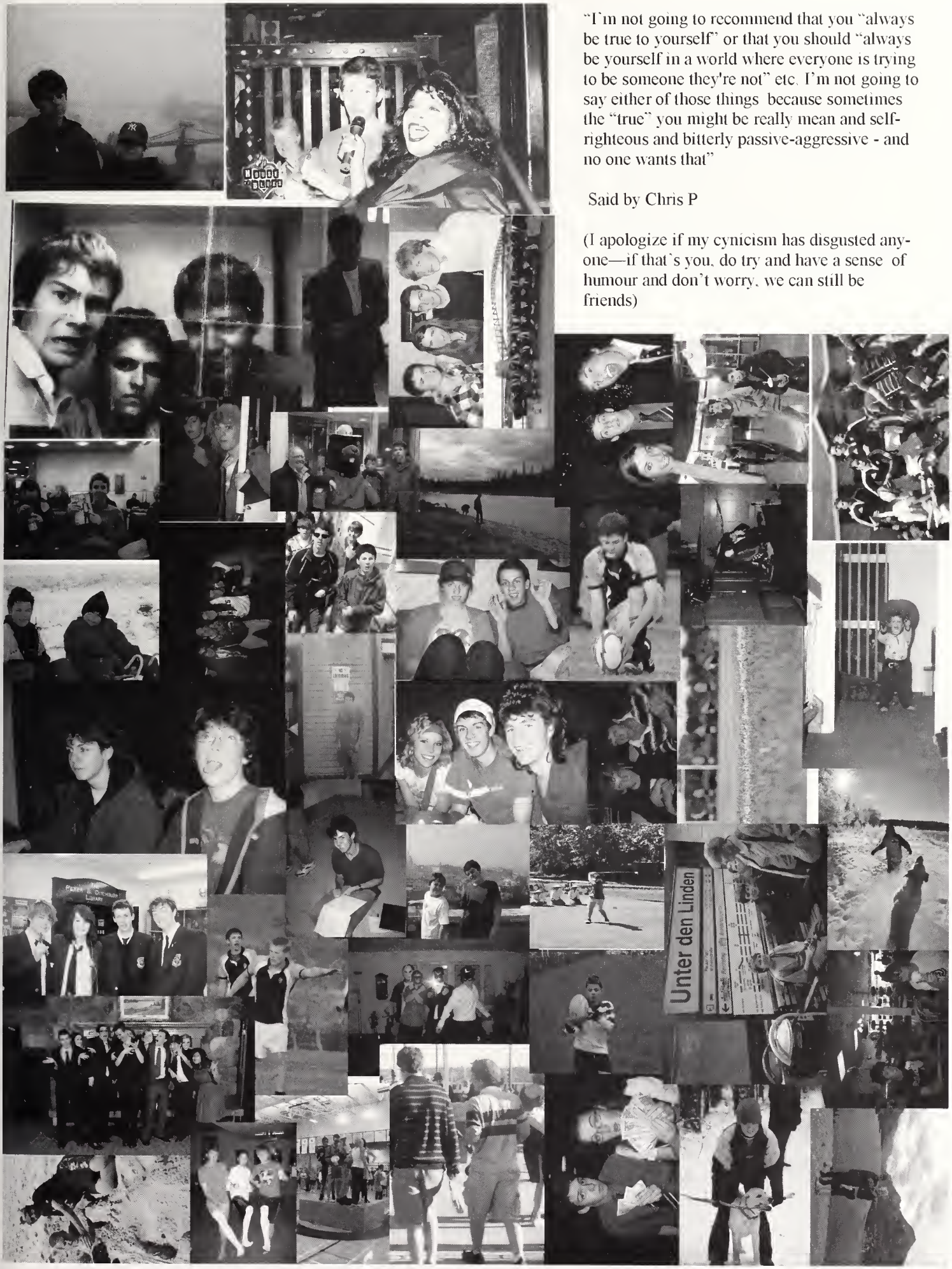
Buy the ticket,
take the ride-
Hunter S. Thompson

Doug Pearson

Brian Pendergast

Anny Peplinski





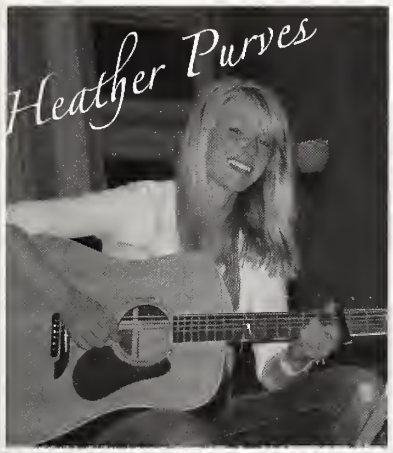
"I'm not going to recommend that you "always be true to yourself" or that you should "always be yourself in a world where everyone is trying to be someone they're not" etc. I'm not going to say either of those things because sometimes the "true" you might be really mean and self-righteous and bitterly passive-aggressive - and no one wants that"

Said by Chris P

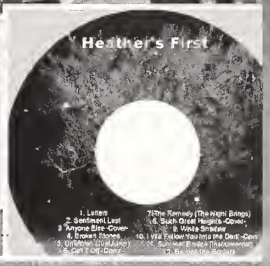
(I apologize if my cynicism has disgusted anyone—if that's you, do try and have a sense of humour and don't worry, we can still be friends)

Shayla Porter

love always



I've got a soundtrack playing in my mind all the time, the consequence of sound - -Regina Spektor-

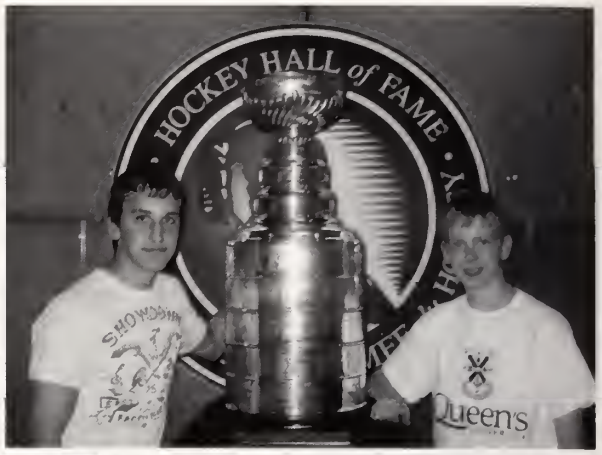


In my head there's a greyhound station where I send my thoughts to far off destinations...

Of all the friends I've made there's none that I would trade for anything... -Hey Ocean!-

Cynthia Ramasubbu

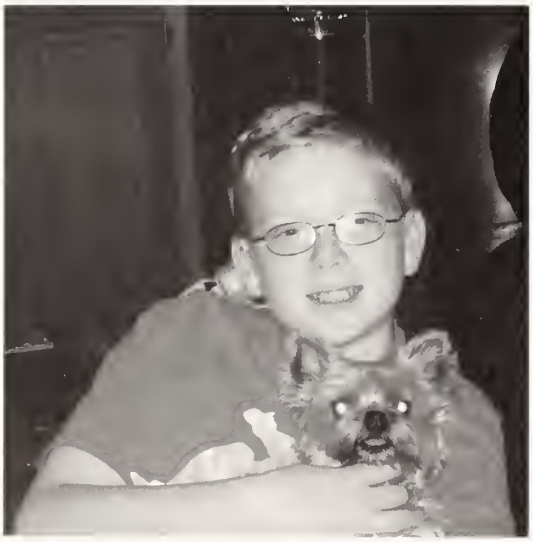
Ali Sharif Rehman

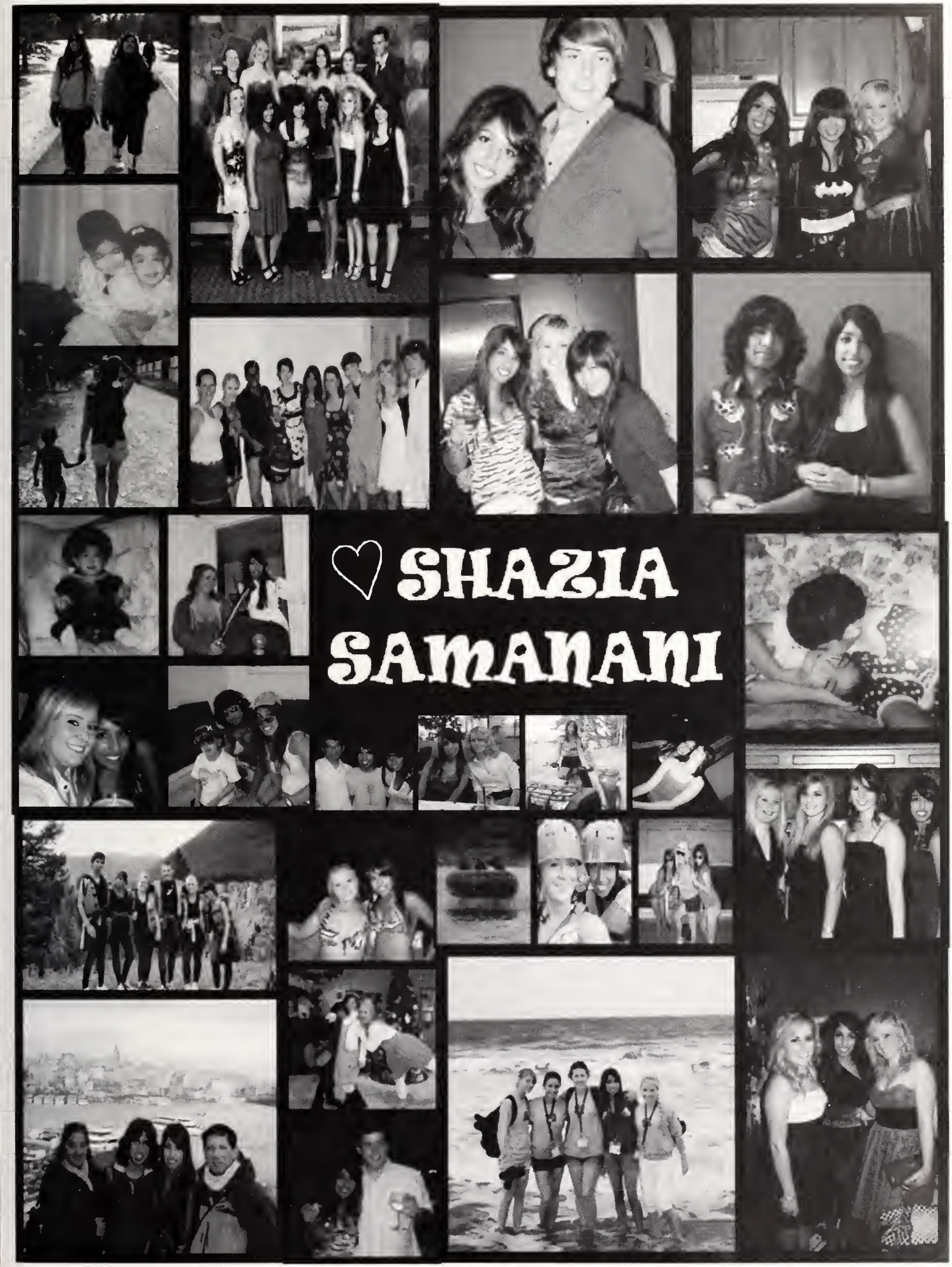


Peter Ruff

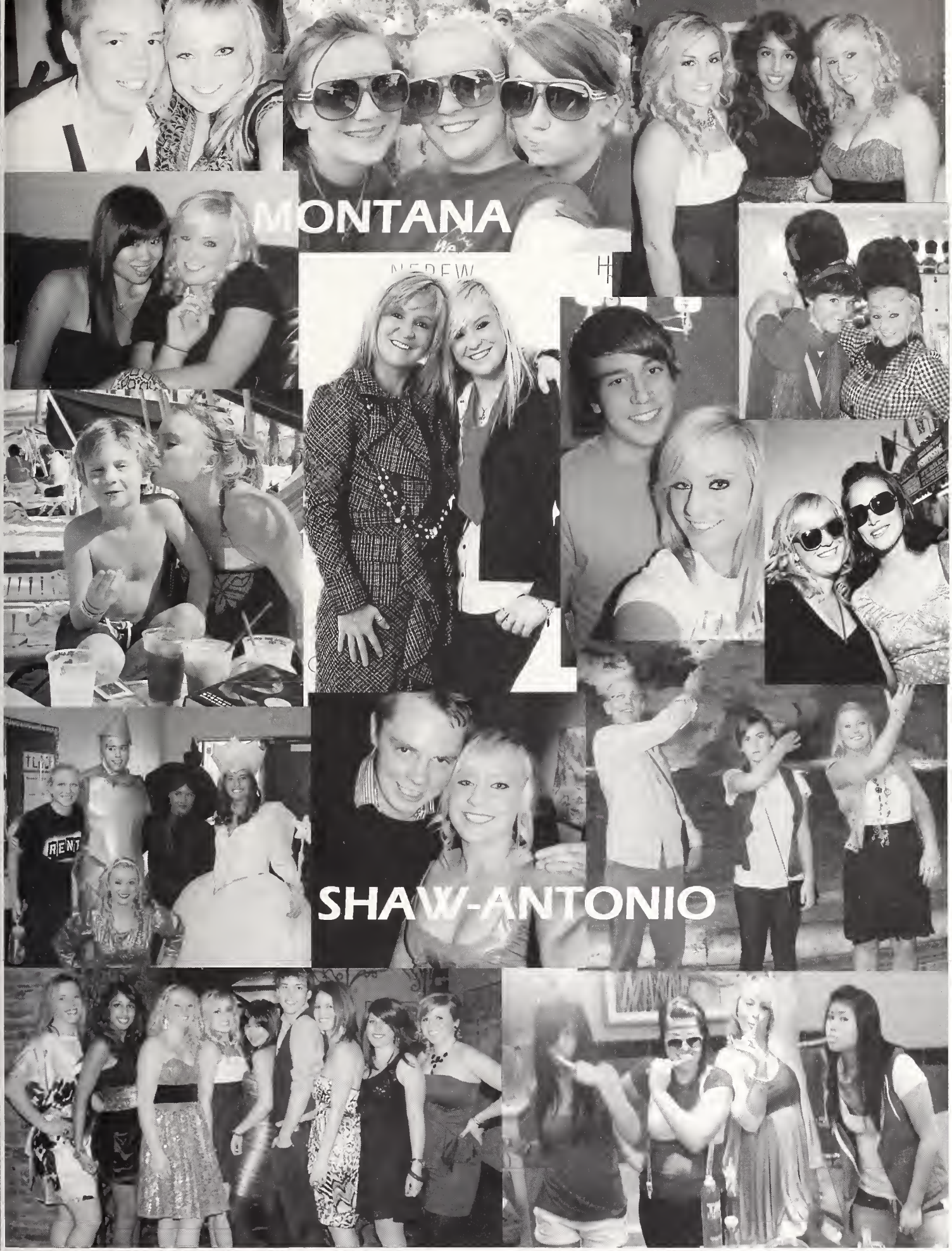
Go with the flow.— Mum

When it's done it's done.— Mum




♡ SHAZIA
SAMANANI

Michael Shaw



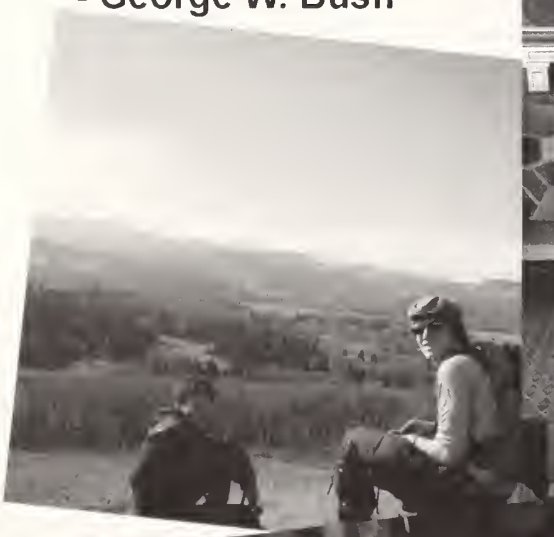
The road goes on forever, but the party never ends.

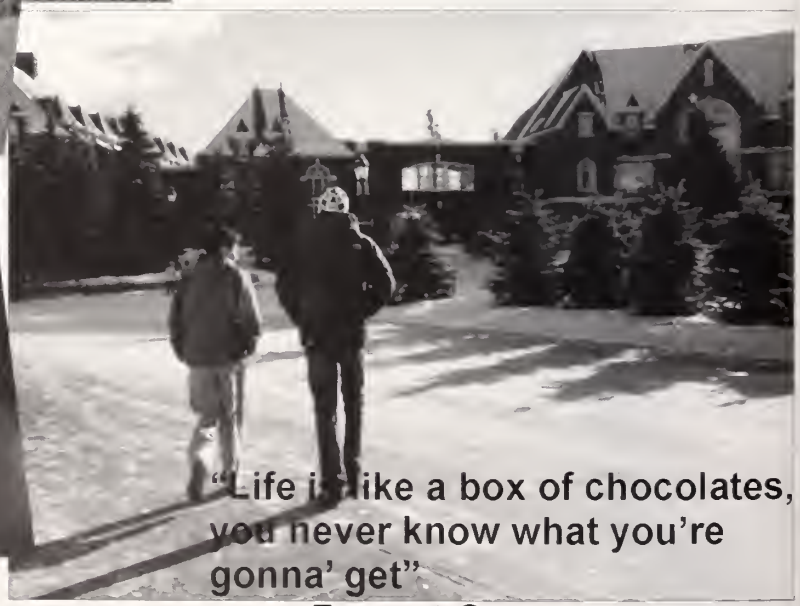
Keen **Robert Earl**

Easton Sheahan-Lee

"I have opinions of my own— strong opinions— but I don't always agree with them"

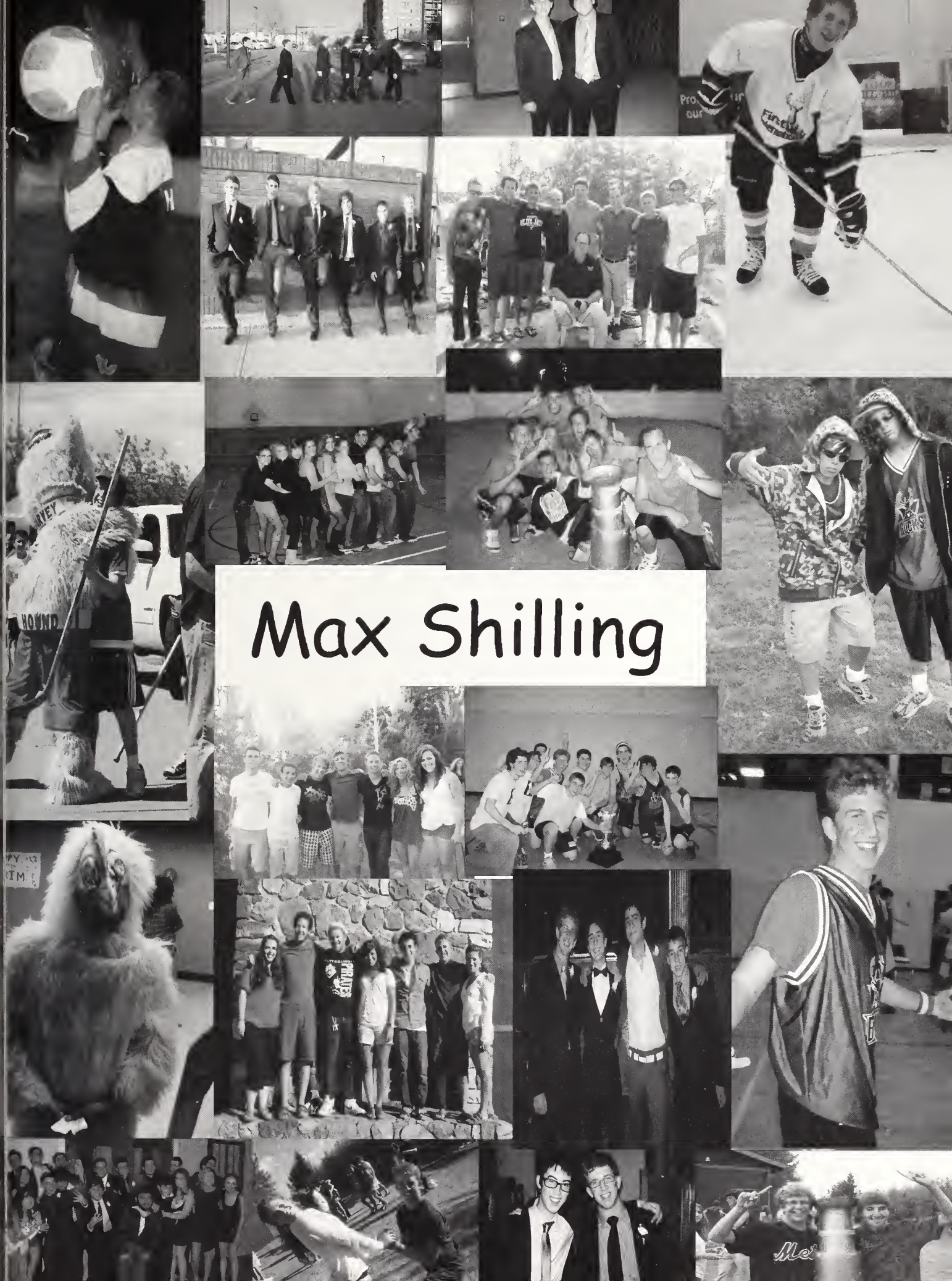
- George W. Bush



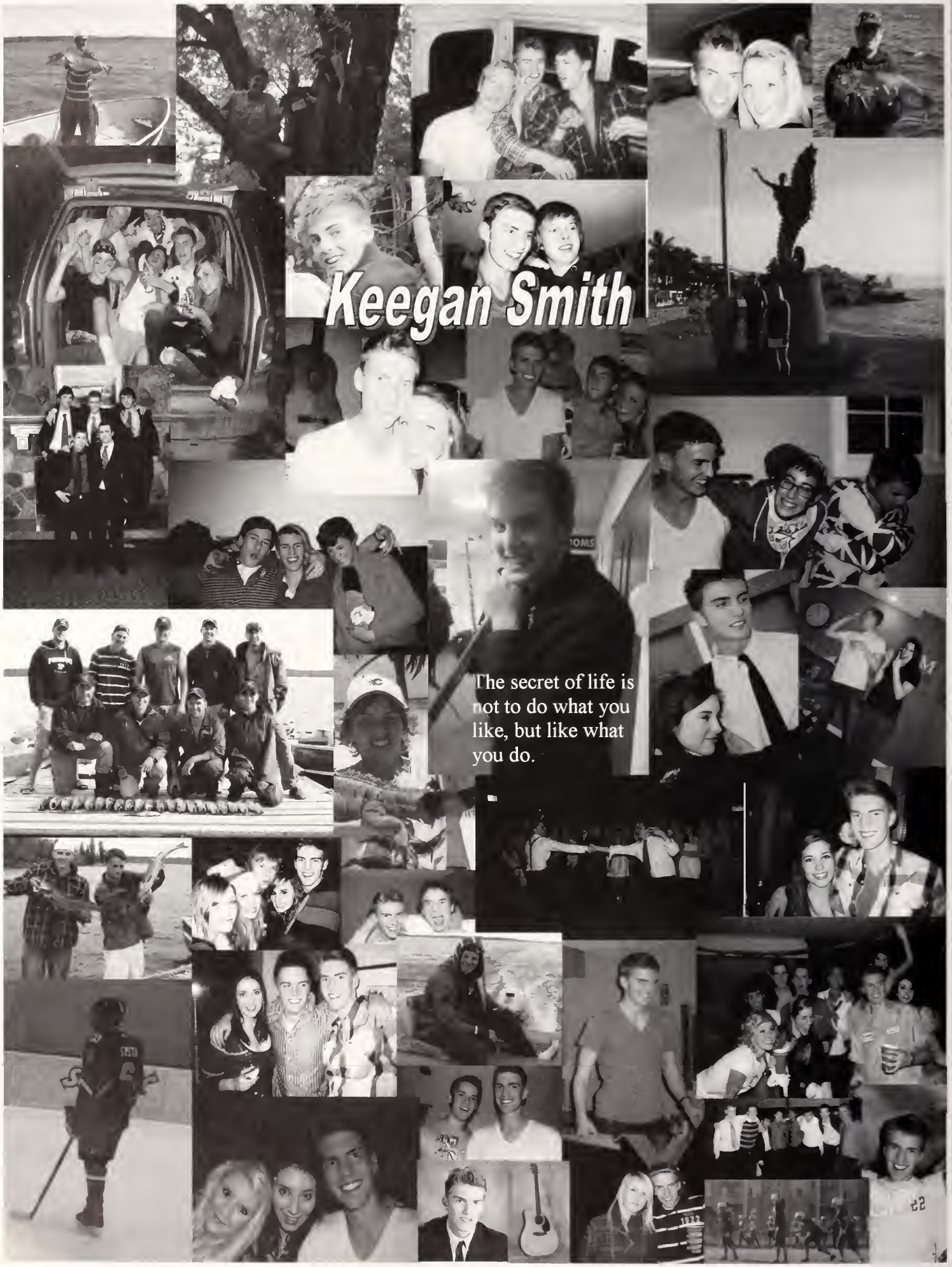


"Life is like a box of chocolates, you never know what you're gonna' get"

- Forrest Gump

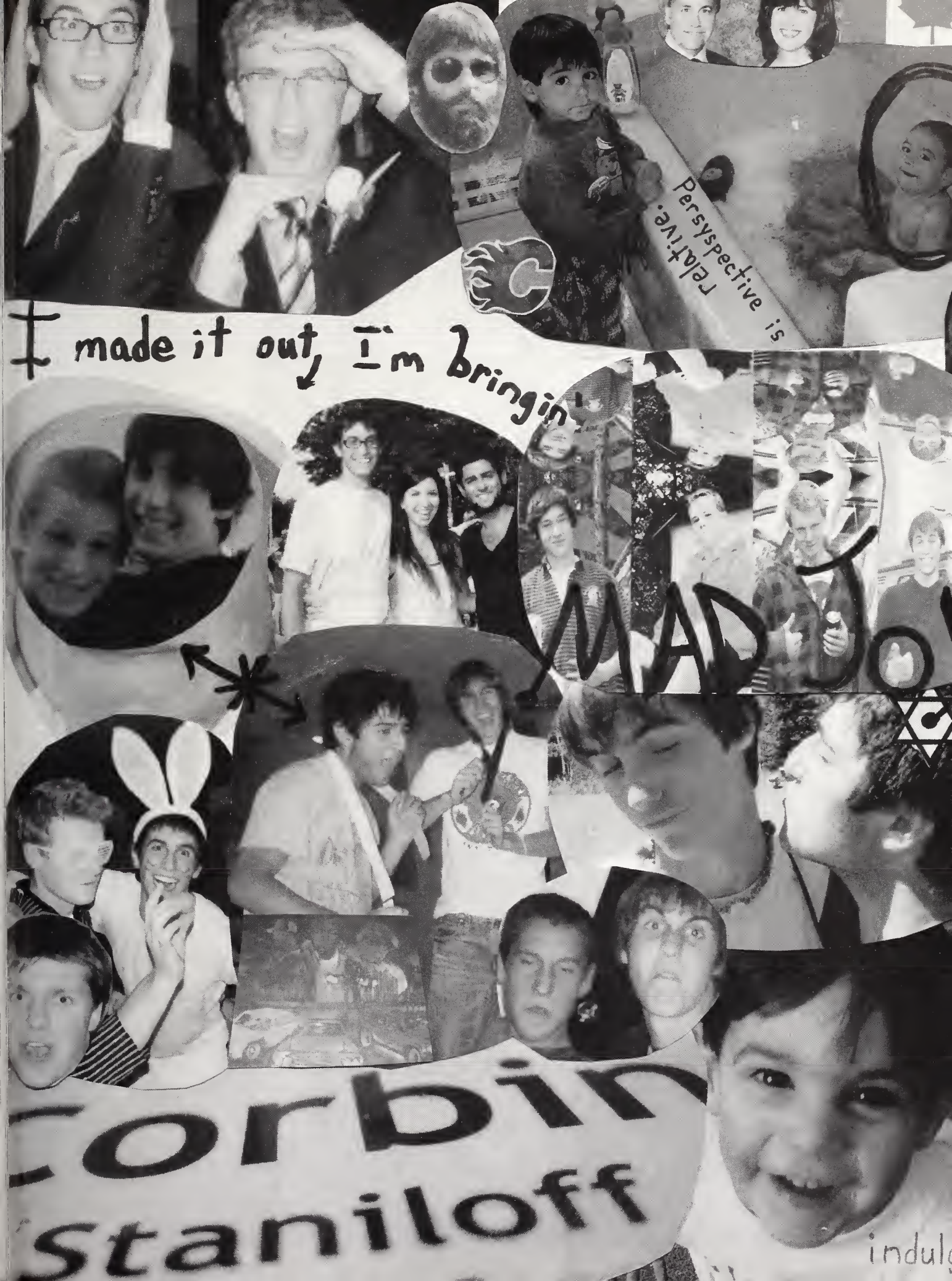


Max Shilling


Keegan Smith
The secret of life is not to do what you like, but like what you do.

Take care of your memories. For you cannot relive them.
Bob Dylan

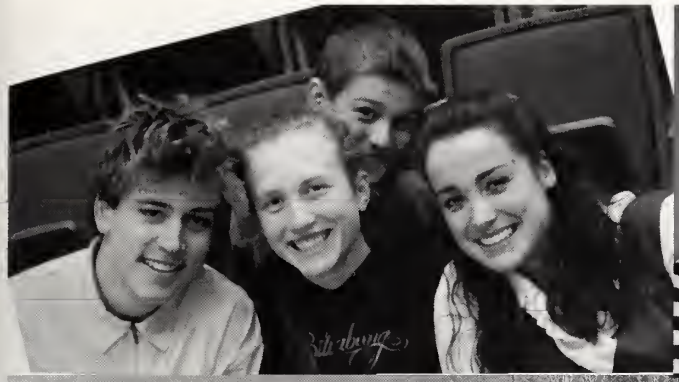
KATE
HELENE
SPENCER

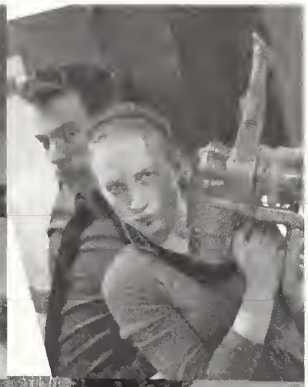

Persyspective is relative.
I made it out, I'm bringin'
MAD
Corbin
Staniloff
indul

"You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know."
– Rene Daumal

Olivia

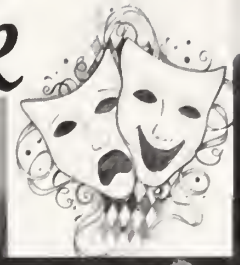
"To make a bad day worse. spend it wishing for the impossible."
– calviN aNd HobbES



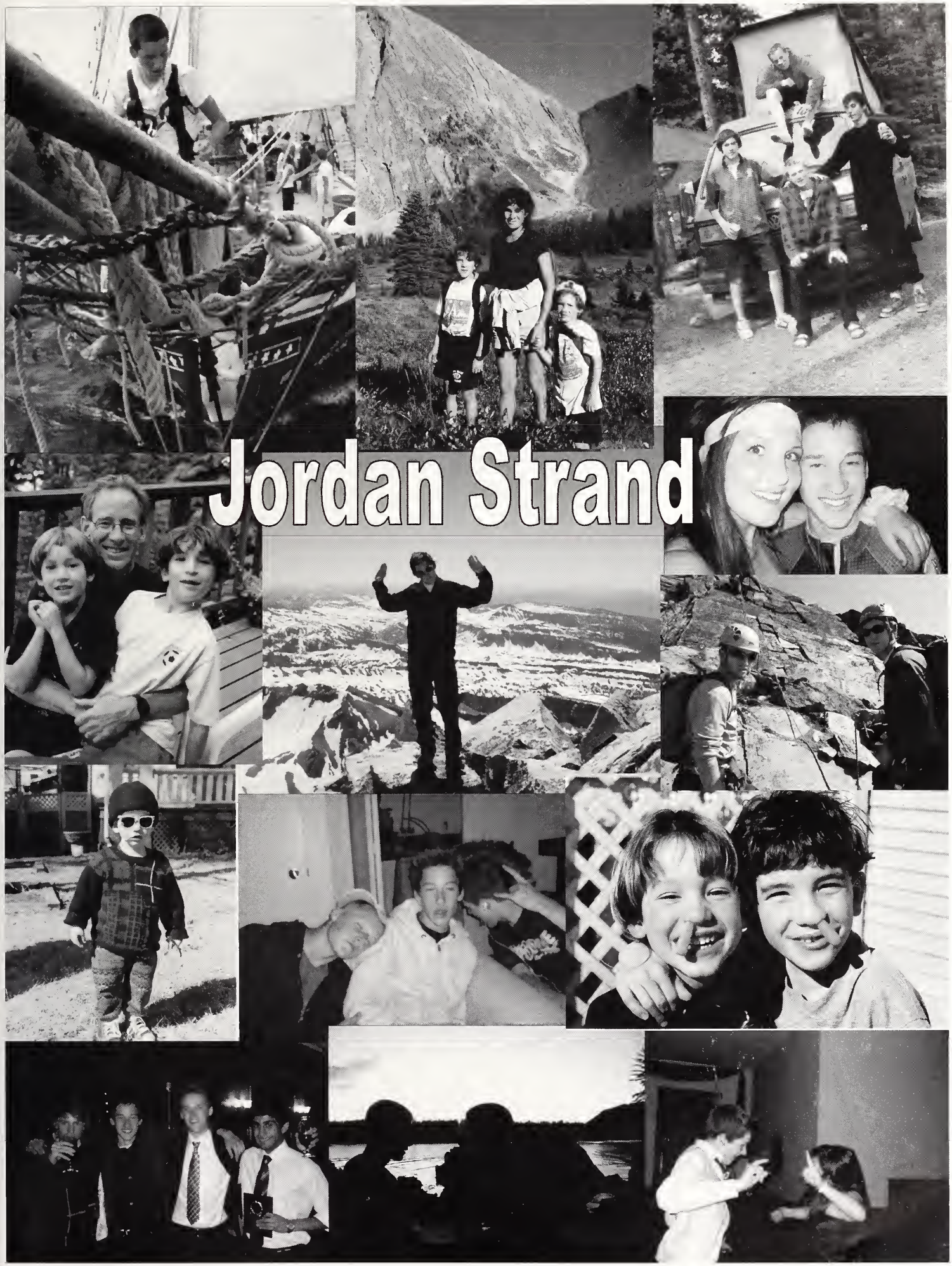


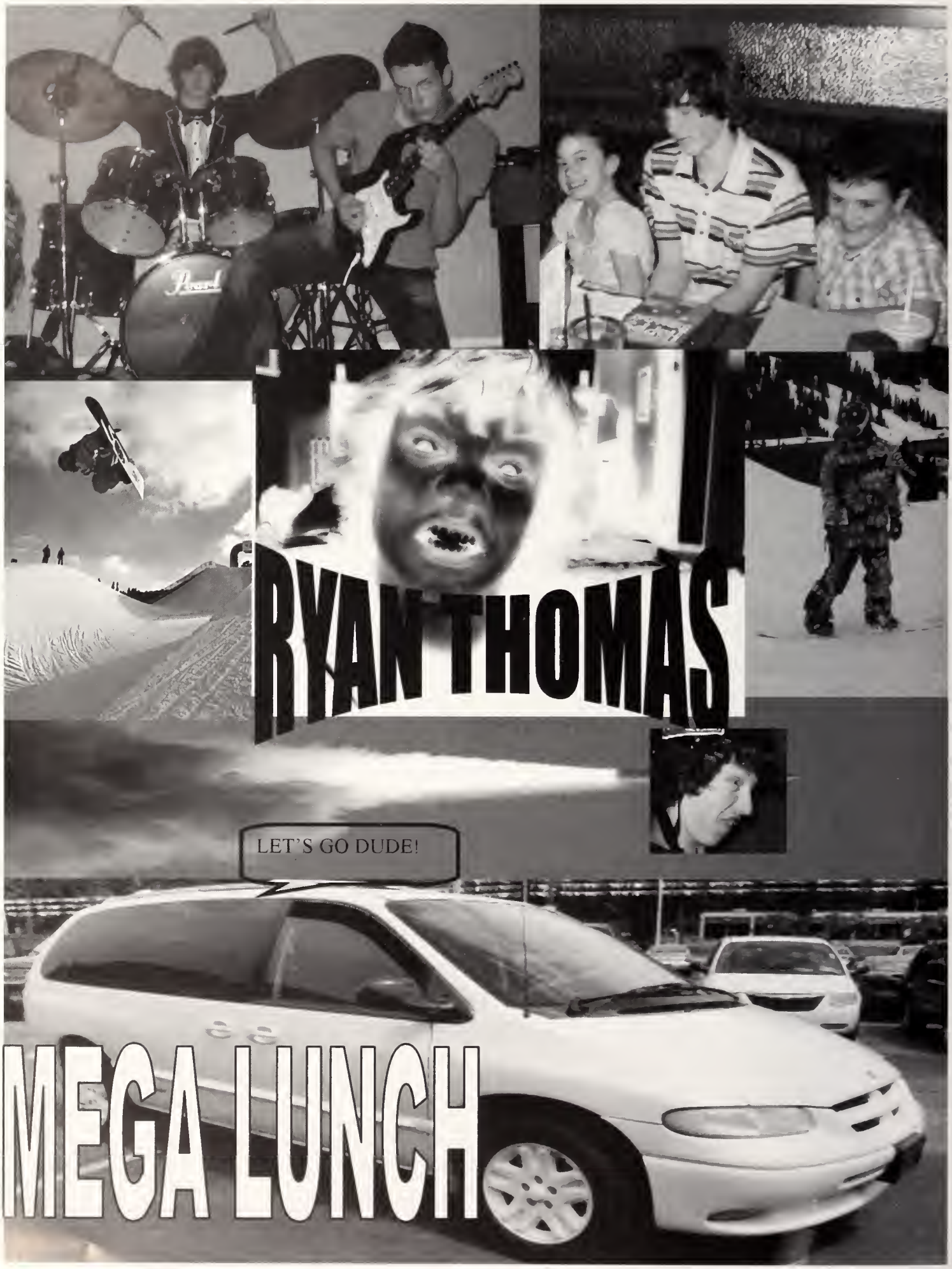
Justine Stevens

John Storwick



"Don't play what's there, play what's not there" Miles Davis


Jordan Strand


RYAN THOMAS
LET'S GO DUDE!
MEGA LUNCH

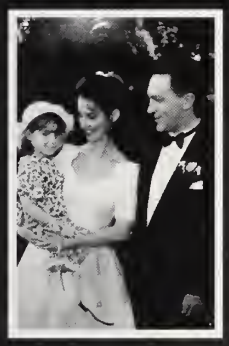
Paul Thompson

"Rawrrr"
- Shawn Treleaven

"This Kid, He's Going Places"
- Shawn Treleaven

SARAH TRIPP

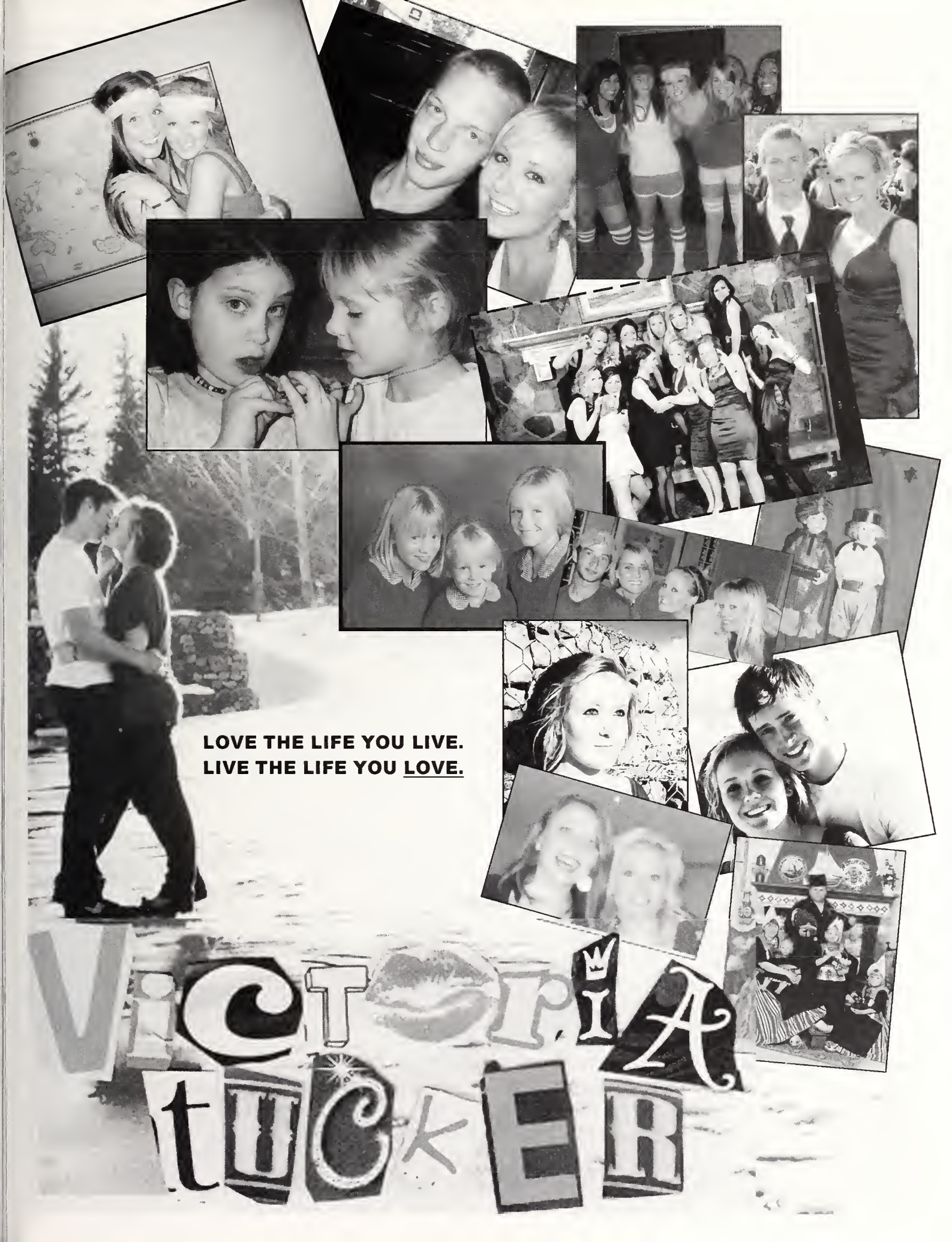
The important thing is this: To be able at any moment to sacrifice what we are for what we could become.
- Charles Dubois



It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.
- Charles Darwin

I am always doing that which I cannot do, in order that I may learn how to do it.
- Pablo Picasso

Max Tsuno!
津野雄大


LOVE THE LIFE YOU LIVE.
LIVE THE LIFE YOU LOVE.
victoria tucker

Lauren
Ann
Van Sickle

CONNOR WATEROUS

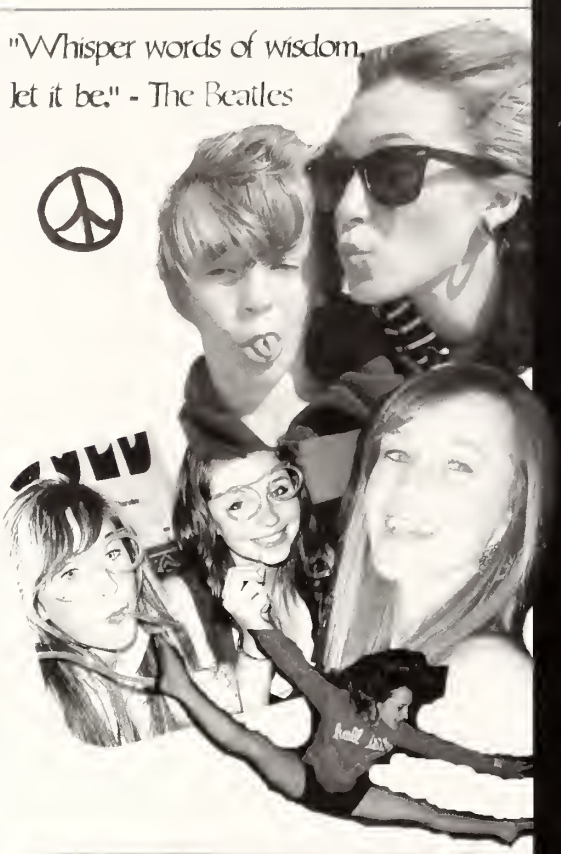
Life is what happens when you are busy making plans

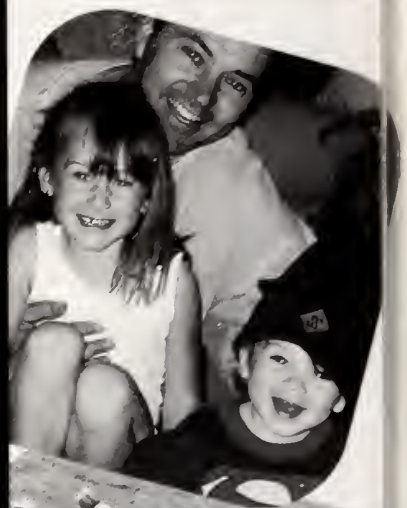
-John Lennon

#12
just to see you smile. tim mcgraw
we do not remember the day, we remember the moments. cesare pavese.
a friend loves through all kinds of weather.
Proverbs 17:17 MSG
Emily

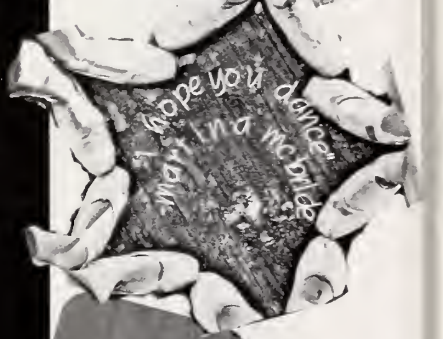
Alisha Whitehead

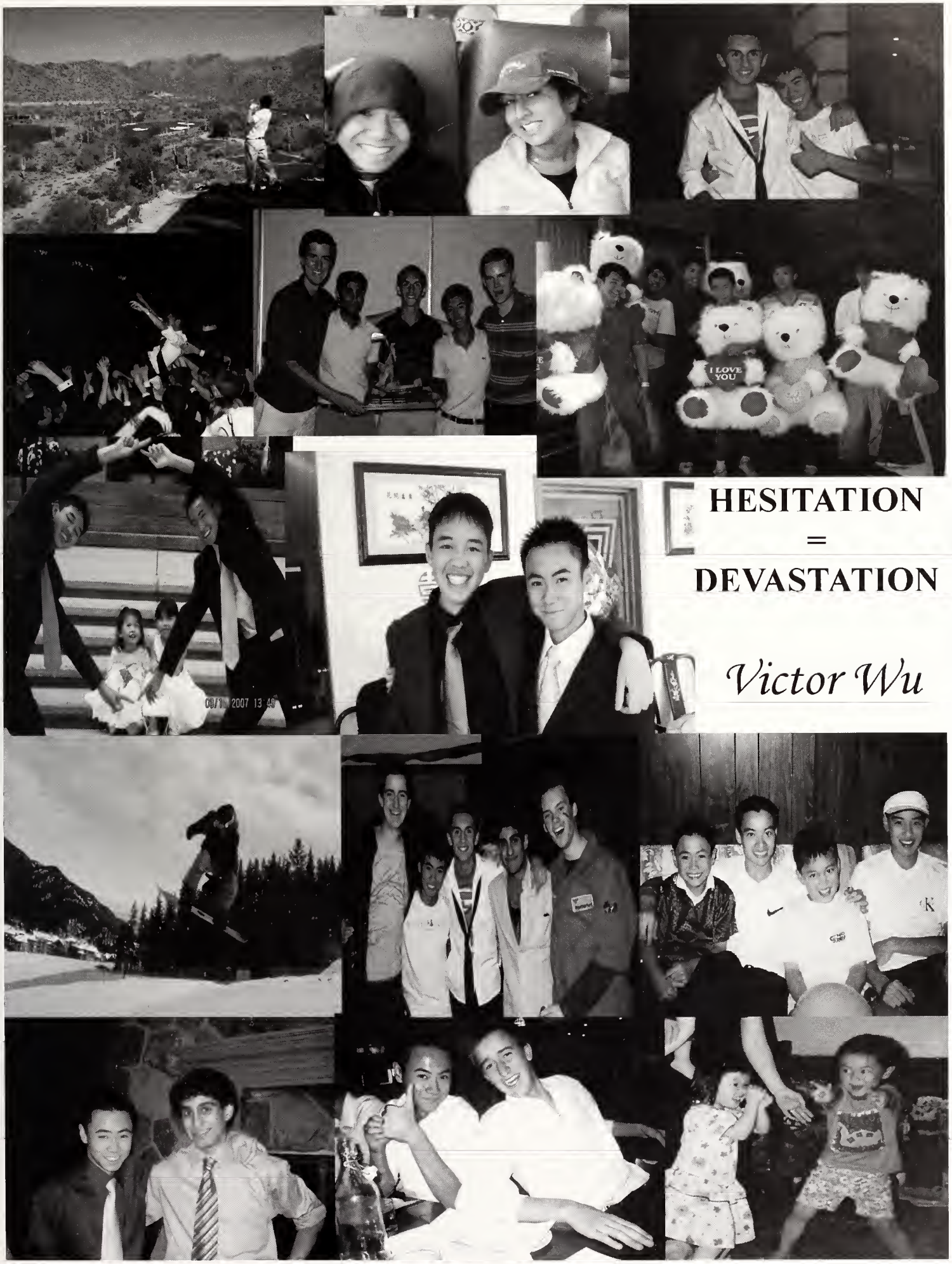
"Whisper words of wisdom, let it be." - The Beatles





Tessa Wihak

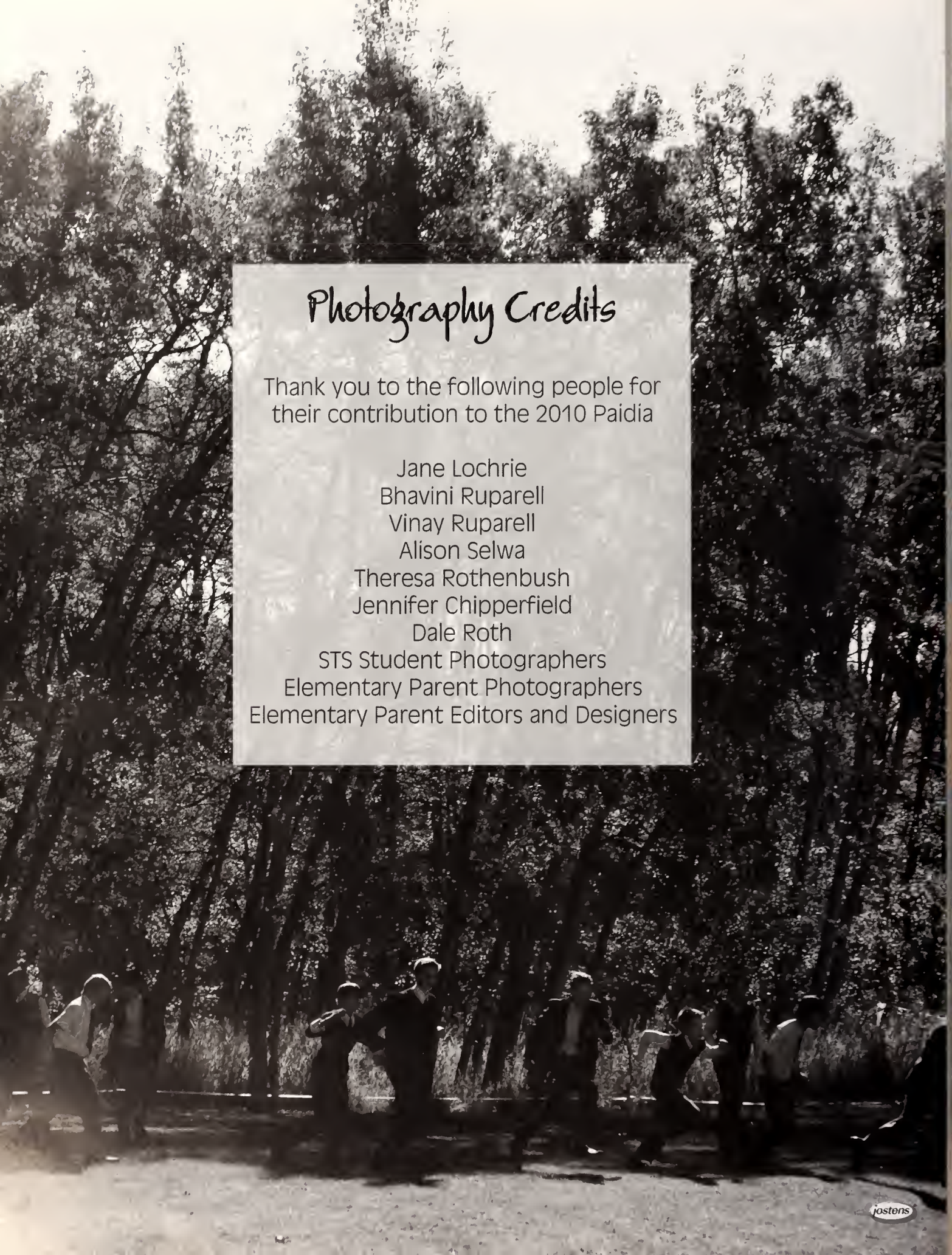




HESITATION = DEVASTATION

Victor Wu

Katherine Wynne



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Thank you to the following people for their contribution to the 2010 Paidia

Jane Lochrie
Bhavini Ruparell
Vinay Ruparell
Alison Selwa
Theresa Rothenbush
Jennifer Chipperfield
Dale Roth
STS Student Photographers
Elementary Parent Photographers
Elementary Parent Editors and Designers

jostens

WORLD BEAT®

09-10

NEWS

The Hudson's Bay Company pays $100 million for the rights to be the official merchandiser to the Canadian Olympic Teams.

Marie and Kirby Fontaine from Sagkeeng First Nation in Manitoba take home $50 million in the new Lotto Max jackpot.

The United States draws closer to providing health care for all with the passage of reform bills in both the House and the Senate.

HEALTH CARE

Haiti's earthquake – with a magnitude of 7.0 – is declared by the United Nations as the worst disaster it has ever confronted. Aid pours in from Canada and around the world.

EARTHQUAKE IN HAITI

Studies find that texting while driving may be up to six times more dangerous than talking on a phone while driving. By the end of the year, 7 provinces are expected to pass cellular bans in Canada.

THEN & NOW:

Price per litre of gas in 2000: 71.5 ¢
in 2009: 94.6 ¢

http://www.thefreelibrary.com/Canada+-+Gasoline+prices+jump+during+Christmas+holidays.-a0215889659

Movie ticket price in 2000: $9
in 2009: $10

www.cbc.ca/news/story/2000/05/02/movies000502.html

VIEWS

ROYAL VISIT

CP Press/Jake Wright

REBUILDING WORLD TRADE CENTER

Rick Gershon/Getty Images

CP Press/Nathan Denette

RISING UNEMPLOYMENT

FUNDED BY

H1N1 FLU VIRUS

CLINIQUE
VACCIN CONTRE
LA GRIPPE
CLINIC
FLU SHOT

H1N1 CLINIC
Oct. 26 – Dec. 4

CP Press/Mike Ar

SENATOR TED KENNEDY DIES

Bruce Hoertel/Getty Images

HUBBLE TELESCOPE IMAGES

Reuters/NASA/Landov

NOBEL PEACE PRIZE

In December, Michelle Lang, a journalist with the Calgary Herald and four Canadian soldiers were killed when their armoured vehicle rolled over an improvised explosive device in Afghanistan.

CP Press/Les Bazso

CP Press/Colin Perkel

Parliament votes that Canada's military mission in Afghanistan will end in 2011. There are currently 2800 Canadian soldiers serving in the Southern provinces of the war-ravaged country.

CP Press/Darryl Dyck

Sanitizing Station

The H1N1 virus appears to affect teens more than typical flu viruses. Hand sanitizer is a commonplace sight in classrooms and other public spaces.

H1N1

Joe Raedle/Getty Images

WELCOME TO
FORT HOOD
Home of Amer's
Armored C

Justin Sullivan/Getty Images

Saturn of Colma

BUICK
PONTIAC
GMC TRUCK
HILLTOP

Justin Sullivan/Getty Images

America honours the lives of 13 innocent victims of a tragic shooting spree at Fort Hood, Texas, in November.

In efforts to make General Motors more economically viable, the company discontinues the Saturn brand and announces plans to phase out its Pontiac division.

Unemployment rate in 2000: 6.8%
in 2009: 8.6%

http://dsp-psd.communication.gc.ca/Collection/F12-5-2000-12E.pdf
http://www.investmentexecutive.com/client/en/News/DetailNews.asp?Id=51316&cat=148&IdSection=148&PageMem=&nbNews=

Canadian population
in 2000: 31 million
in 2009: 34 million

www.statcan.gc.ca

Facebook users in Canada 2000: 0
in 2009: 14,228,460+

http://www.nickburcher.com/2009/12/facebook-usage-statistics-by-country.html

CHANGING WORLD

FOOD SHELVES

According to Food Banks Canada, approximately 800,000 Canadians turned to food banks in March; an increase of almost 120,000 people from the same month last year.

CP Press/Ryan Remiorz

Six-time Olympic medalist Clara Hughes once stated that 'sports saved her life' and has donated her 2010 Bronze medalist bonus to the *Take a Hike Foundation*, a program that provides adventure-based learning for at-risk kids in Vancouver.

AP Photo/Chris Carlson

Roots Canada is one of the first brands to use sustainable cotton alternatives, such as bamboo and hemp in their clothing.

Roots

©Roots Canada

During October, Breast Cancer Awareness Month, pink products are everywhere: from printers to power tools, snowboards to golf balls, blow dryers to water bottles.

Thousands of college and university students across Ontario protest rising tuition fees which have risen as much as 8% annually since 2006.

According to a study commissioned by Mackenzie Investments, 93% of Canadian teens volunteer approximately 100 million hours a year to support causes they believe in.

TOP WAYS TO SAVE ENERGY

1. Turn off the lights when no one's in the room.
2. Carry a reusable tote bag when you go shopping.
3. Bike or walk instead of driving.
4. Get a reusable metal water bottle.
5. Unplug and shut down electronic devices when not in use.
6. Buy music online instead of purchasing CDs.
7. Use rechargeable batteries instead of disposables.
8. Replace standard light bulbs with compact fluorescent bulbs.
9. In winter, turn down the heat and wear more layers.
10. In summer, set your air conditioner thermostat to 22° or higher.

SPORTS

CP Press/Tara Walton

Olympic Gold for the 5000m five-man-team in short track relay. Charles Hamelin and Francois-Louis Tremblay also brought home Gold and Bronze respectively in the 500m.

Bruce Bennett/Getty Images Sport

STANLEY CUP

Nova Scotia-born, Sidney Crosby becomes the youngest captain to hoist the Stanley Cup as he leads the Pittsburgh Penguins to their third championship and first since 1992.

Hockey great Wayne Gretzky lights the outdoor Olympic Cauldron at the conclusion of the opening ceremonies in Vancouver.

Jason Payne/Canwest News Service

Team Canada claims their 3rd straight Gold Medal in Women's Olympic Hockey by defeating Team USA 2-0 on February 25th, 2010.

CP Press/Jonathan Hayward

Doug Ben[illegible]/Getty Ima[illegible]

The New Orleans Saints beat the Indianapolis Colts 31-17 to win Super Bowl XLIV, their first championship title.

TEAM CANADA

GOLD	SILVER	BRONZE
14	7	5

PLAYERS

Team Canada captures Olympic gold as it defeats Team USA 3-2 in overtime during the much-anticipated Gold Medal game.

CP Press/Dave Sandford

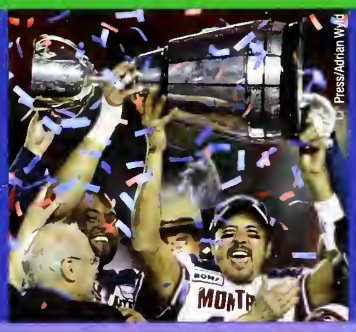
OLYMPICS

CP Press/Nathan Denette

ALEX BILODEAU

Alexandre Bilodeau wins Canada's first gold medal in the men's moguls at Cypress Mountain on February 15, 2010.

The Montreal Alouettes take home the Grey Cup after a nail-biting win of 28-27 against the Saskatchewan Roughriders at the 97th Grey Cup in Calgary.

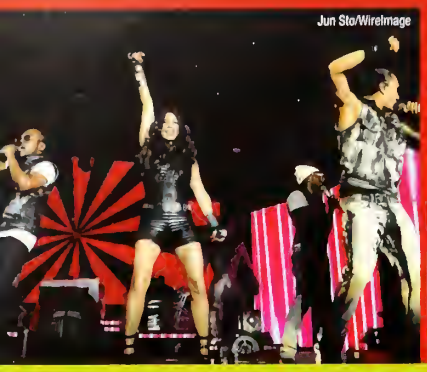


CP Press/Adrian Wyld

TOP GREY CUP WINNERS OF THE DECADE

2000 – B.C. Lions
2001 – Calgary Stampeders
2002 – Montreal Alouettes
2003 – Edmonton Eskimos
2004 – Toronto Argonauts
2005 – Edmonton Eskimos
2006 – B.C. Lions
2007 – Saskatchewan Roughriders
2008 – Calgary Stampeders
2009 – Montreal Alouettes

MUSIC


Jun Sto/WireImage

CP press/Christian Lapid

After the release of their fifth studio album, the Black Eyed Peas launch The E.N.D. World Tour, with stops in Australia, Japan, Malaysia, New Zealand and Thailand.

Billboard names Canadian rockers Nickelback the "Band of the Decade". The post-grunge foursome from Hanna, Alberta formed the band in 1995.

Paramore takes home the title of Favorite Rock Band at the MTV's People's Choice Awards. Lead singer Hayley Williams kept in touch by Tweeting with fans throughout the awards program.

Dave Willis/Retna UK/Landov

Taylor Swift has an amazing year with four CMA Awards and the Grammy for Best Album of the Year.

Lee/Everett Collection

Glee "gleeks" go wild! Volume 1 of the *Glee* soundtrack features 17 songs from the hit Fox show about a struggling high school glee club.

GROOVE

KINGS OF LEON

Photo by Michael Ochs Archives/Everett Collection

EMINEM

Kimberly P. Mitchell/MCT/Landov

Suzan/PA Photos/Landov

MILEY CYRUS

LINKIN PARK

PA Photos/Landov

GREEN DAY

Tami Chappell/Reuters/Landov

Eric Hamer/Daily/Landov

LADY ANTEBELLUM

CBS/Landov

Michael Jackson, the legendary King of Pop, dies unexpectedly at the age of 50, just weeks before his *This Is It* world tour is to begin.

FREE U2 CONCERT ON YOUTUBE

Justin Bieber, Canadian teen sensation from Stratford, ON, parlays YouTube fame into a record deal and a coveted spot as Presenter at the 2010 Grammy Awards.

Robert Pitts/Landov

Jim McIsaac/Getty Images Entertainment

Alicia Keys guest stars on JayZ's album, *The Blueprint 3*. Their joint effort, "Empire State of Mind," is one of the most successful songs of the year.

BEYONCÉ

Kevin Mazu/Wireimage

Beyoncé broke the record for a female artist at the Grammys with six awards, including Song of the Year and Best Female Pop Vocal Performance.

TOP 10 TOP-SELLING ALBUMS OF 2009

Billboard.com

1. *Fearless*, Taylor Swift
2. *I Dreamed a Dream*, Susan Boyle
3. *Number Ones*, Michael Jackson
4. *The Fame*, Lady GaGa
5. *My Christmas*, Andrea Bocelli
6. *Hannah Montana: The Movie Soundtrack*, Hannah Montana
7. *The E.N.D.*, Black Eyed Peas
8. *Relapse*, Eminem
9. *The Blueprint 3*, Jay-Z
10. *Only By the Night*, Kings of Leon

ENTERTAINMENT

CBS via Getty Images

Tina Fey's acclaimed NBC comedy *30 Rock* receives a record 22 primetime Emmy Award nominations and wins five, including Best Comedy Series and Best Actor in a Comedy Series (Alec Baldwin).

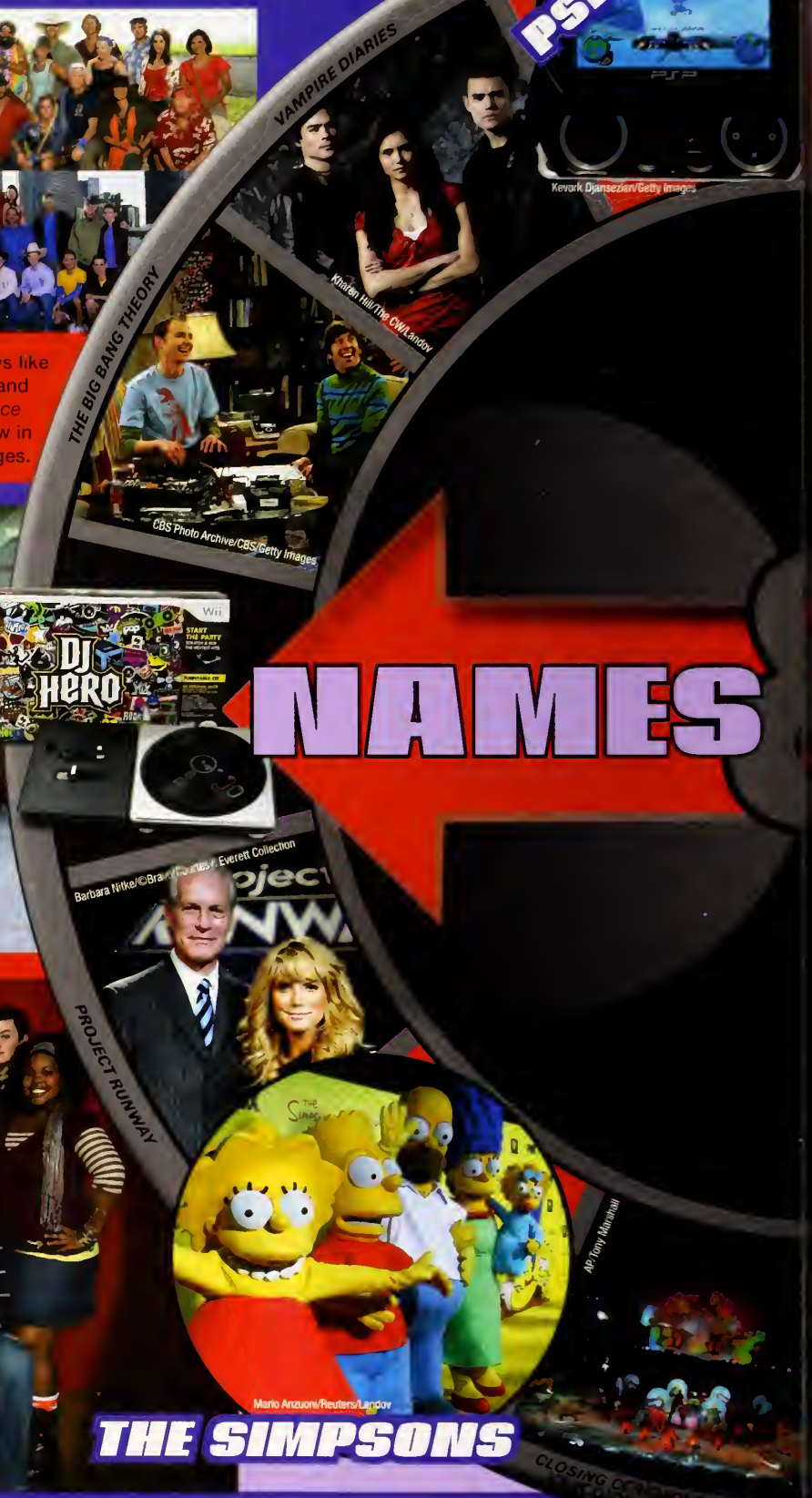
Reality TV shows like CBS's *Survivor* and *The Amazing Race* continue to draw in viewers of all ages.

A new generation of rock fans discover the Fab Four. The Beatles: Rock Band is a smash hit among teens, parents and even grandparents!

New Fox hit TV show *Glee* takes home the Golden Globe for Best Musical or Comedy Television Series over such veteran shows as *The Office*, *30 Rock* and *Entourage*.

Darren Staples/Reuters/Landov

Joe Viles/©20th Century Fox Film Corp./Courtesy: Everett Collection



Sesame Street, the legendary PBS children's show, celebrates 40 years of ABCs and 123s with the likes of Cookie Monster, Oscar the Grouch and Big Bird.

Shannon Stapleton/Reuters/Landov

SpongeBob SquarePants celebrates 10 years on the air with the debut of *Truth or Square*, a Nickelodeon TV movie featuring celebrity guests and several shocking twists.

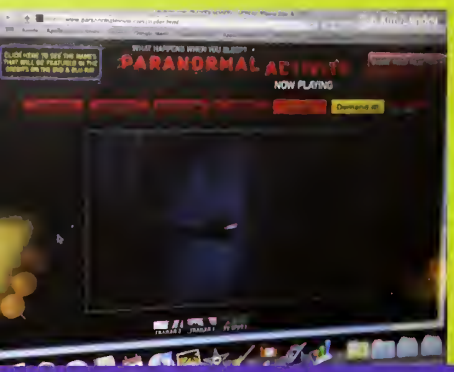
After just seven months, Conan O'Brien receives $45 million to surrender his position as host of *The Tonight Show* after NBC decides to return Jay Leno to his previous time slot.

TOP 10 TOP-SELLING VIDEO GAMES OF 2009

1. Wii Fit
2. Wii Play
3. Pokémon Platinum Version
4. Mario Kart Wii
5. Resident Evil 5 (Xbox 360)
6. Killzone 2
7. Call of Duty: World at War
8. Resident Evil 5 (PS3)
9. Halo Wars
10. Street Fighter IV

Source: cnbc.com

MOVIES



After two weeks of limited sold-out shows, 1 million moviegoers submit online requests that cause the nationwide release of *Paranormal Activity*.

Yui Mok/PA Photos/Landov

Harry Potter and the Half-Blood Prince raked in the biggest midnight earnings of all time, grossing $22.2 million at the box office.

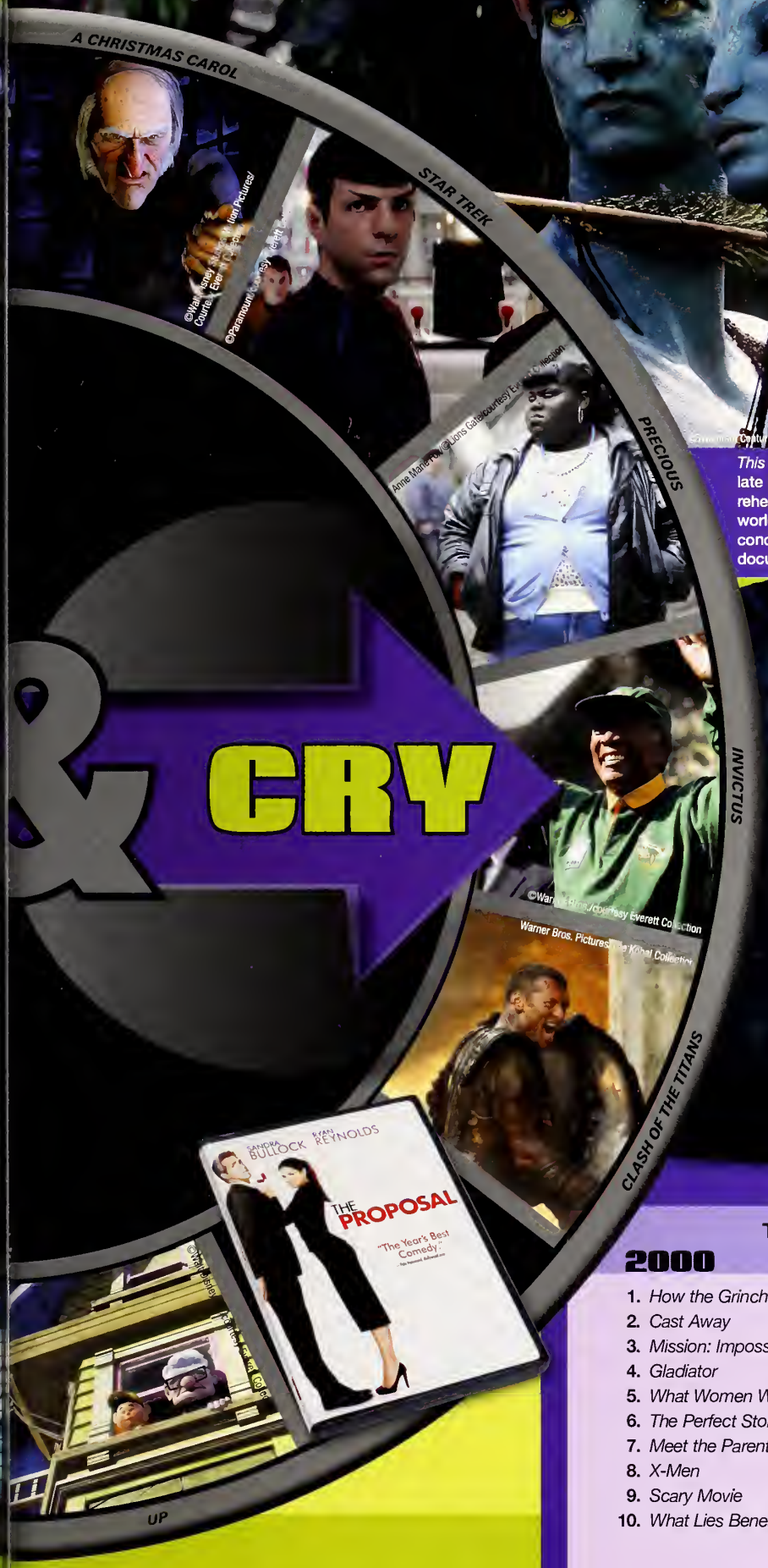
Walt Disney/Kobal Collection

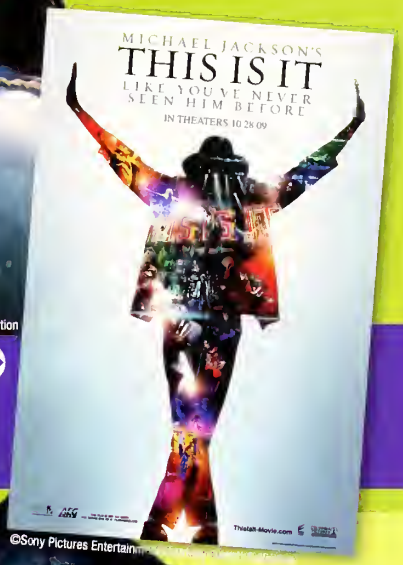
Ralph Nelson/©Warner Bros./Courtesy Everett Collection

LAUGH

Sandra Bullock wins the Golden Globe for Best Actress in a Motion Picture–Drama for her performance in *The Blind Side*, based on the true story of Baltimore Ravens football player Michael Oher.

In just 41 days, James Cameron's *Avatar* overtakes *Titanic* to become the highest-grossing movie ever worldwide at $1.859 billion.





©Sony Pictures Entertainment/courtesy Everett Collection

This Is It, a film about the late Michael Jackson's tour rehearsals, becomes the world's highest-grossing concert movie and documentary.

Are you "Team Jacob" or "Team Edward"? "Twihards" around the world swoon over the supernatural love triangle in *The Twilight Saga: New Moon*.

THEN & NOW

TOP 10 BOX OFFICE HIT MOVIES

2000	2009
1. *How the Grinch Stole Christmas*	1. *Avatar*
2. *Cast Away*	2. *Transformers: Revenge of the Fallen*
3. *Mission: Impossible II*	3. *Harry Potter and the Half-Blood Prince*
4. *Gladiator*	4. *The Twilight Saga: New Moon*
5. *What Women Want*	5. *Up*
6. *The Perfect Storm*	6. *The Hangover*
7. *Meet the Parents*	7. *Star Trek*
8. *X-Men*	8. *The Blind Side*
9. *Scary Movie*	9. *Alvin and the Chipmunks: The Squeakquel*
10. *What Lies Beneath*	10. *Monsters Vs. Aliens*

Boxofficemojo.com

TRENDS

Snuggie, the blanket with sleeves, is a runaway hit. The company introduces versions for kids and pets and features designer styles in a fashion show.

GUYS

Graphic tees, worn alone or paired with zip-front hoodies, are a comfortable way to make a style statement, promote your favorite band and express your individuality.

BOAT SHOES

CARGO SHORTS

EARFLAP HATS

AVIATOR SUNGLASSES

ENERGY DRINKS

PEA COATS

BASKETBALL SHOES

GIRLS & BOYS PLAID SHIRTS

BASKETBALL SHORTS

WORK BOOTS

TOP 10 FASHION TRENDS

1. Skinny jeans
2. Big '80s shoulders
3. Over-the-knee boots
4. Graphic tees
5. Hoodies
6. Animal prints
7. Rachel Roy bags
8. Ripped jeans
9. '90s grunge
10. Flared jeans

teenvogue.com, teenfashion.about.com

LIFESTYLE

Rex Feature Ltd/Norm Betts

Brenda Grismer

Martin Keene/PA Photos/Landov

SOCIAL NETWORKS

Spas and salons across the country are gaining popularity and catering to a growing demographic - tweens and teens.

More than half (58%) of Canadians ages 13-17 use social networking websites.

Tim Ireland/PA Photos/Landov

HOT

Now Canadian consumers can carry a whole library in a device the size of a pocketbook with Amazon's Kindle and the Sony Reader.

Mike Segar/Reuters/Landov

Youth unemployment rose from 10.7% in January 2008 to 16.3% during the summer of 2009.

Mandel Ngan/AFP/Getty Images

TEEN EMPLOYMENT

Eric Dreyer/Taxi

William Deshazer/MCT/Landov

Pass the potatoes, please. Busy families are cutting back on expensive take-out meals and making time to sit down together for healthier, home-cooked family dinners.

NOISE REDUCTION HEADPHONES

HAND SANITIZER

Justin Sullivan/Getty Images News

CELL PHONES

RAINFOREST ALLIANCE CERTIFIED

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